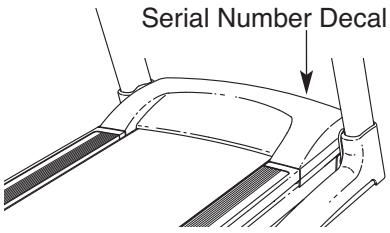
# NordicTrack®
## Elite XT

**Model No. NTL14908.0**
**Serial No. _____**

Write the serial number in the space above for reference.




# USER'S MANUAL

## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

**IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:**

**CALL TOLL-FREE:**
**1-888-825-2588**
**Mon.–Fri. 6 a.m.–6 p.m. MST**
**Sat. 8 a.m.–4 p.m. MST**

**ON THE WEB:**
**www.nordictrackservice.com**

## ⚠ CAUTION

**Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.**

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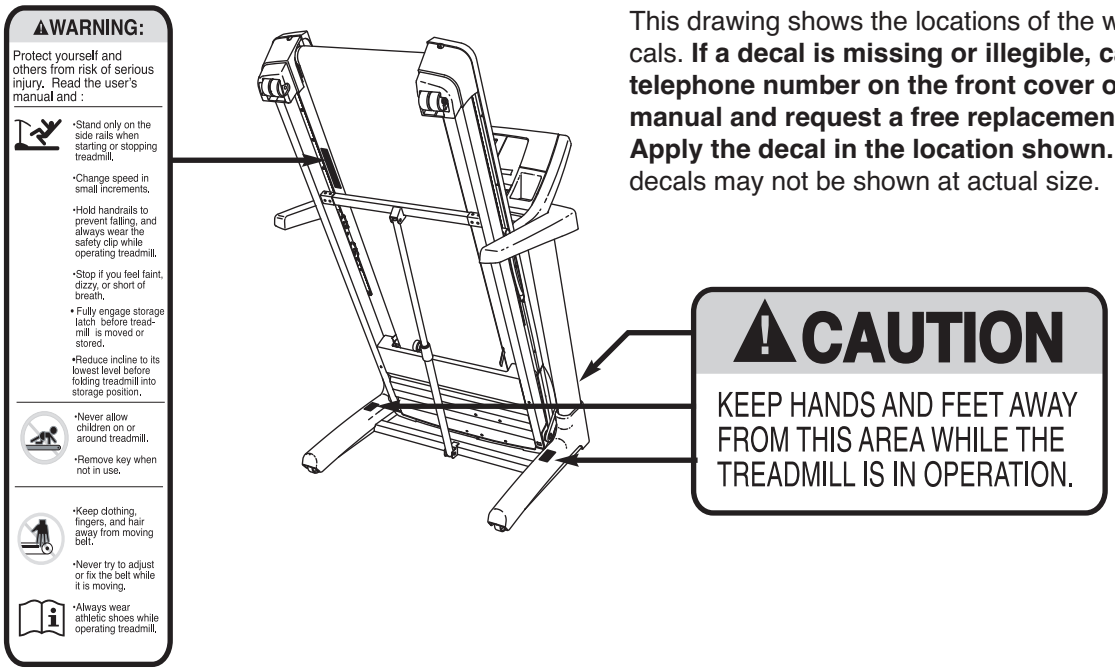
# WARNING DECAL PLACEMENT


⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.
⚠CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.

NordicTrack is a registered trademark of ICON IP, Inc.

# IMPORTANT PRECAUTIONS

**⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.**

1. **Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

2. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

3. **Use the treadmill only as described.**

4. **Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

5. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

6. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

7. **Keep children under age 12 and pets away from the treadmill at all times.**

8. **The treadmill should be used only by persons weighing 350 lbs. (159 kg) or less.**

9. **Never allow more than one person on the treadmill at a time.**

10. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***

11. **When connecting the power cord (see page 15), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.**

12. **Use only a single-outlet surge suppressor that meets all of the specifications described on page 15. To purchase a surge suppressor, see your local NordicTrack dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

13. **Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.**

14. **Keep the power cord and the surge suppressor away from heated surfaces.**

15. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 32 if the treadmill is not working properly.)**

16. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 17).**

17. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**

18. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

19. **The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.**

20. **Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the "off" position when the treadmill is not in use. (See the drawing on page 6 for the location of the reset/off circuit breaker.)**

21. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 7, and HOW TO FOLD AND MOVE THE TREADMILL on page 30.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**

22. **Do not change the incline of the treadmill by placing objects under the treadmill.**

23. **When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.**

24. **Inspect and properly tighten all parts of the treadmill regularly.**

25. **Never insert or drop any object into any opening on the treadmill.**

26. **DANGER: Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.**

27. **The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.**

28. **Do not store the television in temperatures below -40° F (-40° C) or above 140° F (60° C). Do not operate the television in temperatures below 23° F (-5° C) or above 90° F (35° C).**

29. **To protect the treadmill and television during lightning storms, unplug the power cord from the wall outlet and disconnect the cable system. This will prevent damage due to lightning and power line surges.**

30. **If an outside antenna or cable system is connected, be sure that the antenna or cable system is grounded to provide some protection against voltage surges and built-up static charges. Section 810 of the National Electrical Code, ANSI/NFPA No. 70-1984, provides information with respect to proper grounding of the mast and supporting structure, grounding of the lead-in wire to an antenna discharge unit, size of grounding conductors, location of antenna discharge unit, connection to grounding electrodes, and requirements for the grounding electrode.**

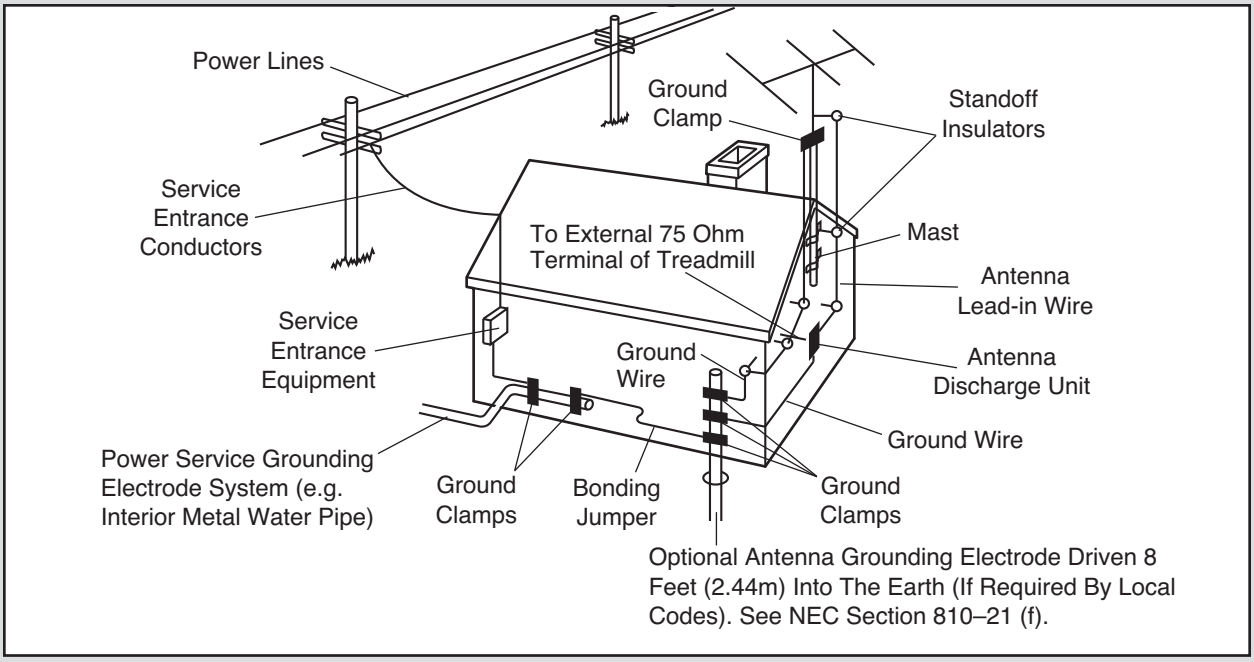
31. **An outside antenna system should not be located in the vicinity of overhead power lines or other electric light or power circuits, or where it can fall into such power lines or circuits. When installing an outside antenna system, extreme care should be taken to keep from touching such power lines or circuits, as contact with them might be fatal.**

32. **To reduce the risk of electric shock, do not remove the cover or the back of the television. There are no user serviceable parts inside. Refer servicing to qualified service personnel.**

**33. Upon completion of any service or repairs to the treadmill or the television, ask the service technician to perform safety checks to confirm that the unit is in proper operating condition.**

- **Use No. 10 AWG (5.3mm²) copper, No. 8 AWG (8.4mm²) aluminum, No. 17 AWG (1.0mm²) copper-clad steel or bronze wire, or larger as a ground wire.**
- **Secure an antenna lead-in and ground wires to the house with stand-off insulators spaced from 4 to 6 feet (1.22 to 1.83m) apart.**
- **Mount an antenna discharge unit as close as possible to where the lead-in enters the house.**
- **Use a jumper wire not smaller than No. 6 AWG (13.3mm²) copper, or the equivalent when a separate antenna-grounding electrode is used. See NEC Section 810-21 (j).**

**Note to CATV system installer: This reminder is provided to call the CATV system installer's attention to Article 820-40 of the NEC that provides guidelines for proper grounding and, in particular, specifies that the cable ground shall be connected to the grounding system of the building, as close to the point of cable entry as practical.**


Power Lines
Ground Clamp
Standoff Insulators
Service Entrance Conductors
To External 75 Ohm Terminal of Treadmill
Mast
Antenna Lead-in Wire
Service Entrance Equipment
Ground Wire
Antenna Discharge Unit
Ground Wire
Power Service Grounding Electrode System (e.g. Interior Metal Water Pipe)
Ground Clamps
Bonding Jumper
Ground Clamps
Optional Antenna Grounding Electrode Driven 8 Feet (2.44m) Into The Earth (If Required By Local Codes). See NEC Section 810–21 (f).

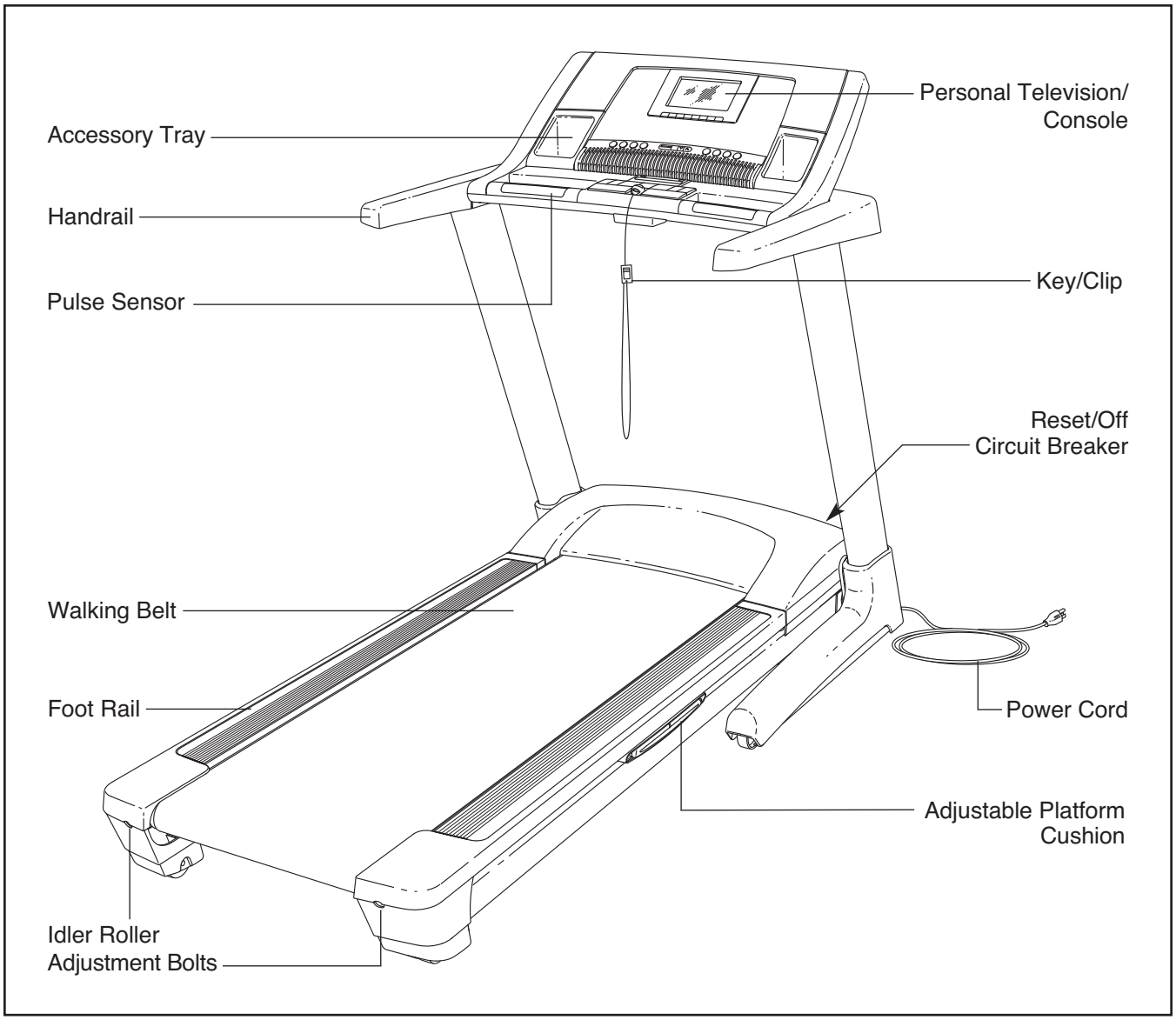
# SAVE THESE INSTRUCTIONS

# BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® ELITE XT treadmill. The ELITE XT treadmill offers an impressive selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

**For your benefit, read this manual carefully before using the treadmill**. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please look at the drawing below and familiarize yourself with the labeled parts.

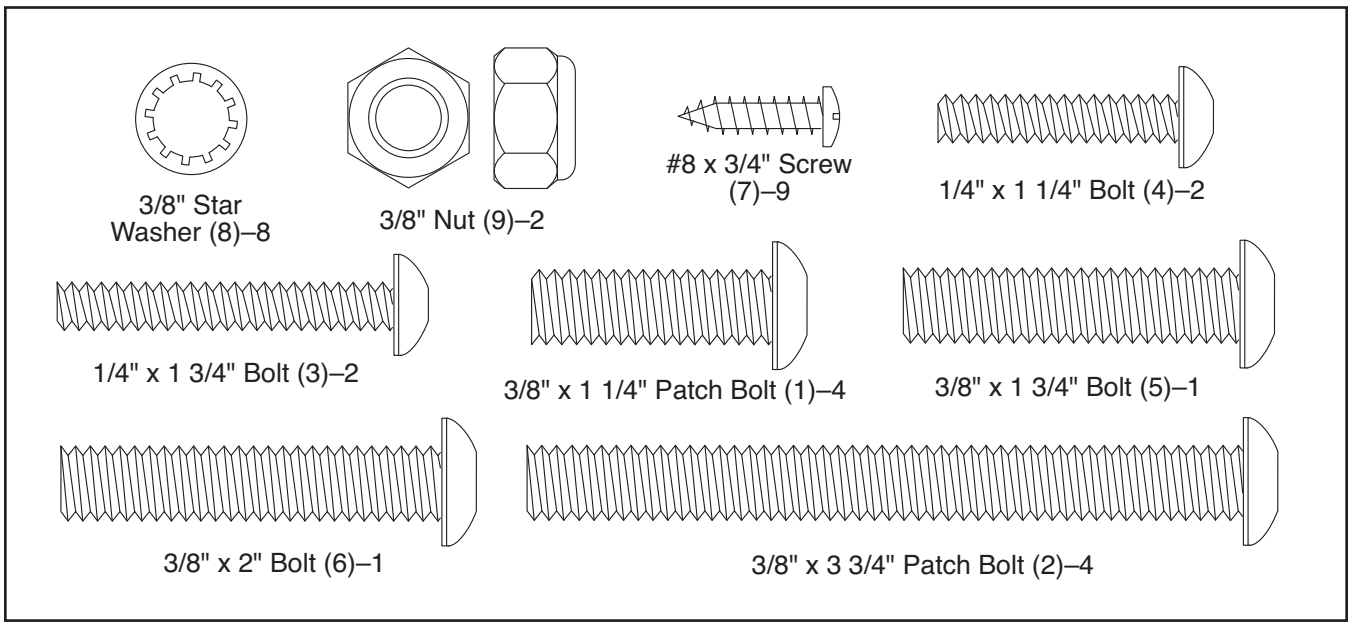


# ASSEMBLY

**Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

**Assembly requires the included hex keys and your own Phillips screwdriver and adjustable wrench .**

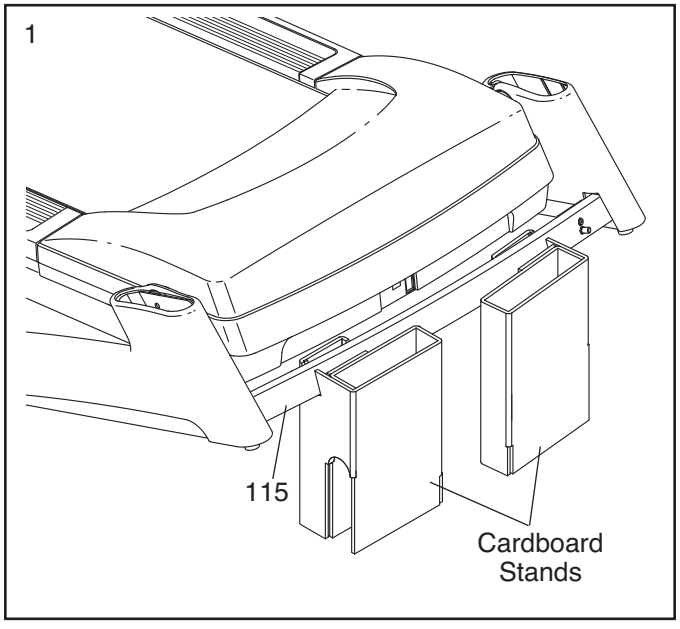
**For help identifying the assembly hardware, see the drawings below.** The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: If a part is not in the parts bag, check to see if it has been preassembled. To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**


3/8" Star Washer (8)–8
3/8" Nut (9)–2
#8 x 3/4" Screw (7)–9
1/4" x 1 1/4" Bolt (4)–2
1/4" x 1 3/4" Bolt (3)–2
3/8" x 1 1/4" Patch Bolt (1)–4
3/8" x 1 3/4" Bolt (5)–1
3/8" x 2" Bolt (6)–1
3/8" x 3 3/4" Patch Bolt (2)–4

1. **Make sure that the power cord is unplugged.**

   Locate two cardboard stands. With the help of a second person, raise the front of the treadmill and insert the crossbar on the Base (115) into the cutouts in the cardboard stands as shown. **Make sure the cardboard stands are far enough apart to support the treadmill.**

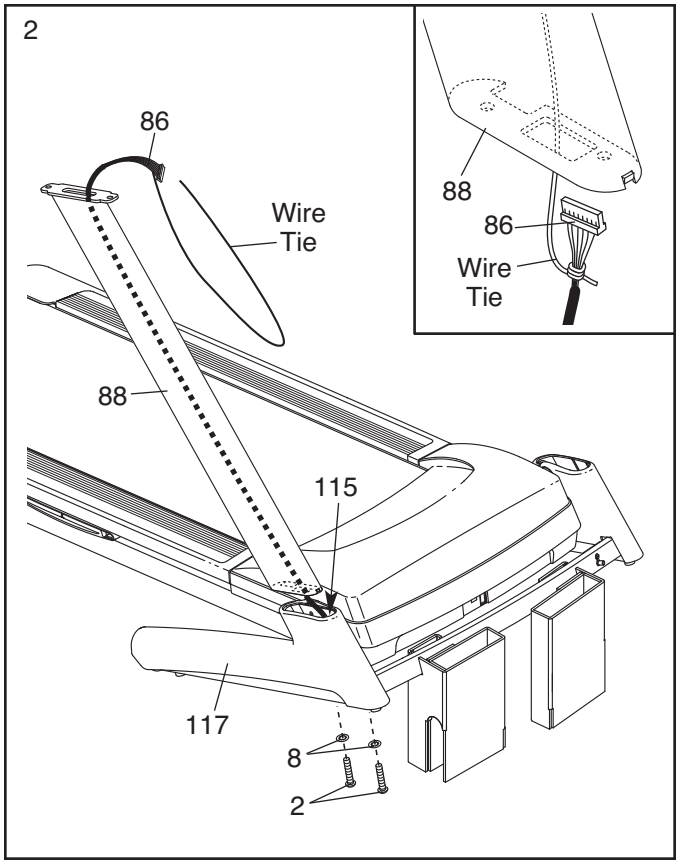
   **Serious injury may occur if the treadmill moves forward or backward and falls off the cardboard stands. A second person must hold the treadmill until assembly step 3 is completed to prevent the treadmill from moving, tipping, or falling.**



2. Identify the Right Upright (88). **See the inset drawing.** Tie the wire tie in the Right Upright securely around the end of the Upright Wire (86). With the help of a second person, hold the Right Upright near the Right Base Cover (117). Then, pull the other end of the wire tie up through the rectangular hole in the bottom of the Right Upright until the Upright Wire is routed completely through the Right Upright.

   Gently pull up on the Upright Wire (86) as you set the Right Upright (88) on the Base (115) inside the Right Base Cover (117). **Be careful not to pinch the Upright Wire.**

   Attach the Right Upright (88) to the Base (115) with two 3/8" x 3 3/4" Patch Bolts (2) and two 3/8" Star Washers (8). **Do not tighten the Patch Bolts yet.** Note: It may be necessary to tip the top of the Right Upright forward slightly and rotate the bottom as you thread the Patch Bolts into the Right Upright.

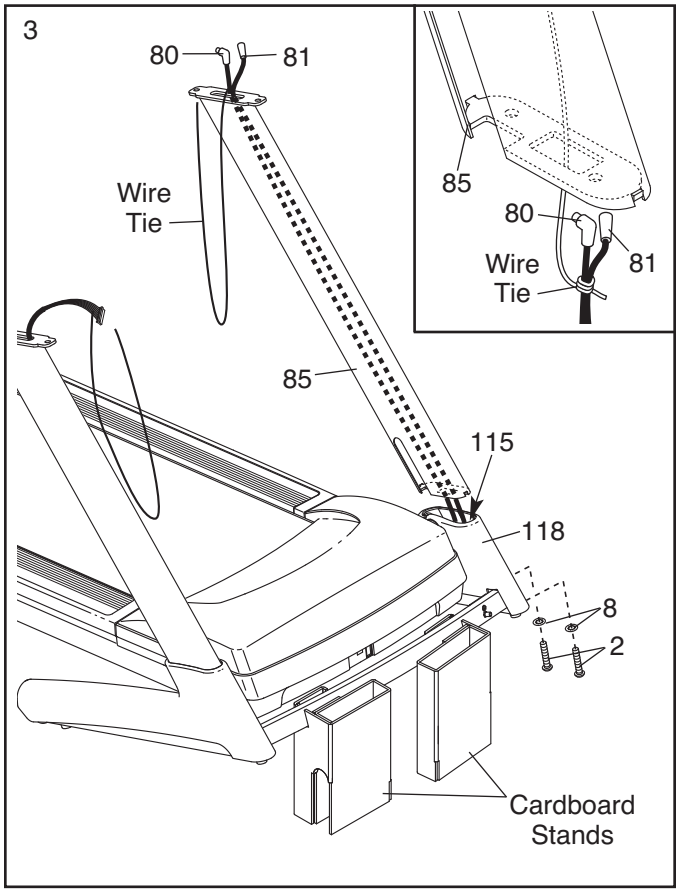



3. Hold Left Upright (85) near the Left Base Cover (118). **See the inset drawing.** Tie the wire tie in the Left Upright securely around the end of the 50" TV Cable (81) and the 50" A/V Wire (80).

   Pull the 50" TV Cable (81) and the 50" A/V Wire (80) up through the rectangular hole in the bottom of the Left Upright (85) and out of the top of the Left Upright. Set the Left Upright on the Base (115) inside the Left Base Cover (118).

   Attach the Left Upright (85) to the Base (115) with two 3/8" x 3 3/4" Patch Bolts (2) and two 3/8" Star Washers (8). **Do not tighten the Patch Bolts yet.** Note: It may be necessary to tip the top of the Left Upright forward slightly and rotate the bottom as you thread the Patch Bolts into the Left Upright.

   With the help of a second person, lower the treadmill off the cardboard stands. The stands will be used in assembly step 9.

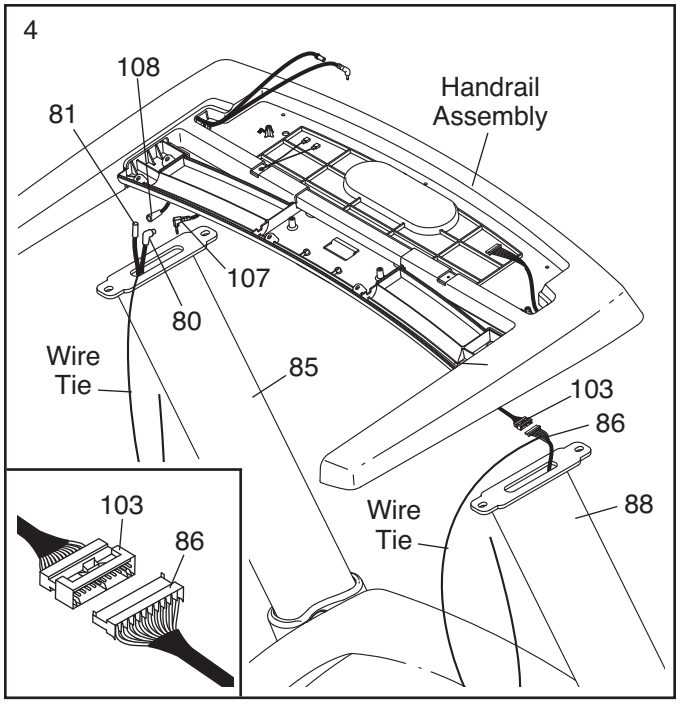


4. With the help of a second person, hold the handrail assembly near the Uprights (85, 88).

   Connect the 50" A/V Wire (80) to the 25" A/V Wire (107) and the 50" TV Cable (81) to the 25" TV Cable (108).

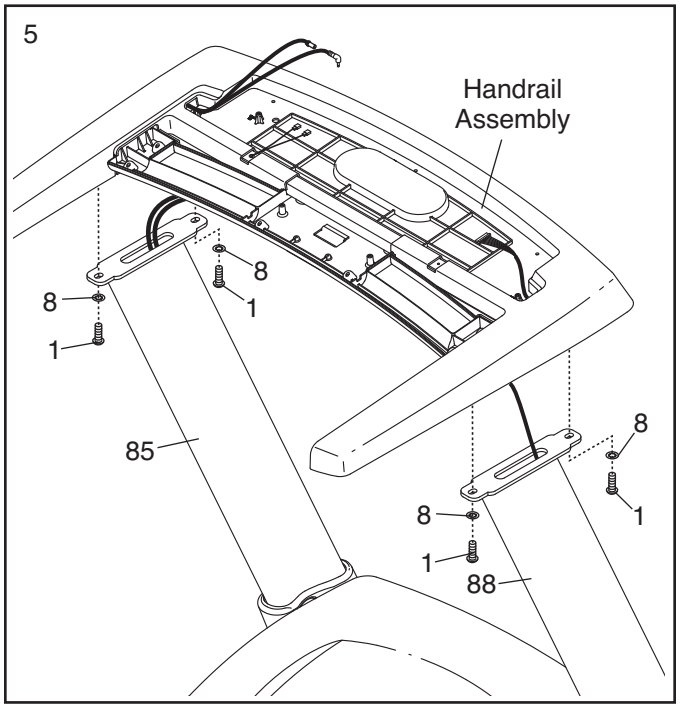
   With the help of a second person, hold the handrail assembly near the Uprights (85, 88). Connect the Upright Wire (86) to the 25" Wire Harness (103). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

   Remove the wire tie from the Upright Wire (86). Remove the wire tie from the 50" TV Cable (81) and the 50" A/V Wire (80).



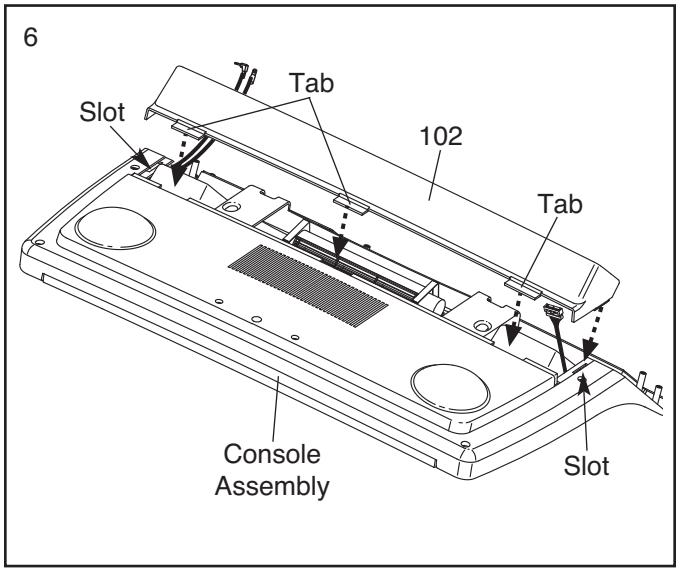

5. Insert the wires into the Uprights (85, 88) as you set the handrail assembly on the Uprights. **Be careful not to pinch any wires.**

   Attach the handrail assembly with four 3/8" x 1 1/4" Patch Bolts (1) and four 3/8" Star Washers (8). Firmly tighten the Patch Bolts.



6. Set the console assembly face down on a soft surface to avoid scratching the console assembly. Slide the three tabs on the Console Accent (102) into the console assembly.

   Press on the ends of the Console Accent (102) so that they “snap” into the slots in the console assembly.

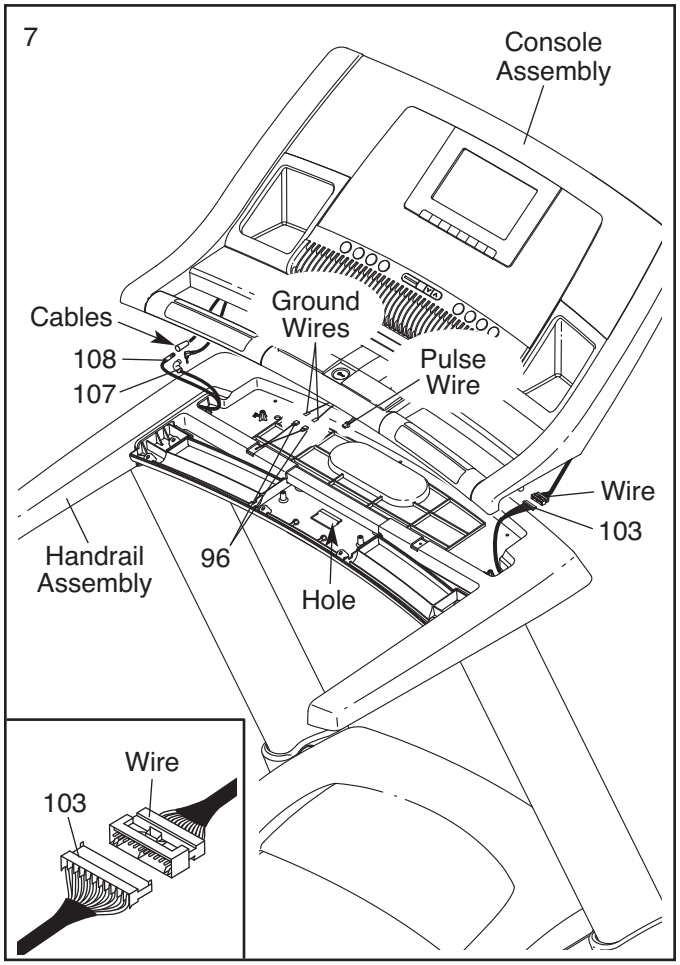



7. With the help of a second person, hold the console assembly near the handrail assembly. Connect the 25" A/V Wire (107) and the 25" TV Cable (108) to the cables extending from the console assembly.

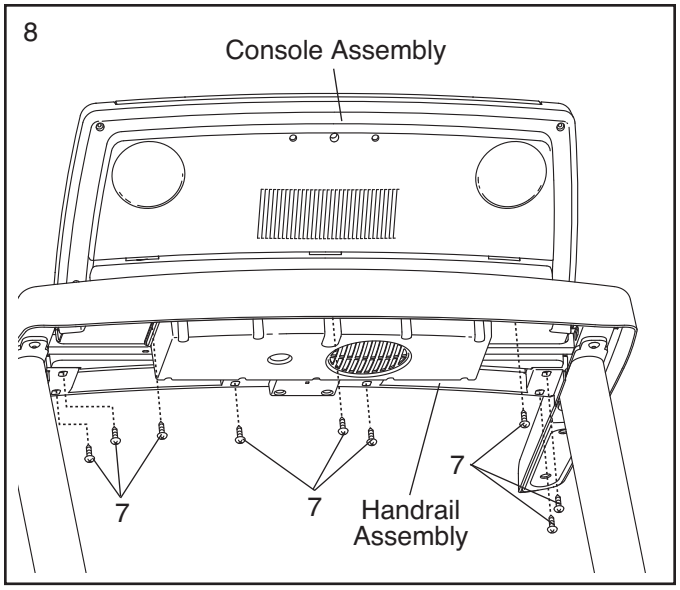
   Connect the 25" Wire Harness (103) to the wire extending from the console assembly. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

   Connect the Console Ground Wires (96) to the two ground wires extending from the console assembly.

   Set the console assembly on the handrail assembly. **Insert the pulse wire into the indicated hole. You will not connect the pulse wire to another wire unless you purchase the optional chest pulse sensor (see page 13).** If necessary, move the wires so that the console assembly sits flat on the handrail assembly. **Be careful not to pinch any wires.** Note: If the console assembly does not sit flat on the handrail assembly, you will not be able to complete step 8.



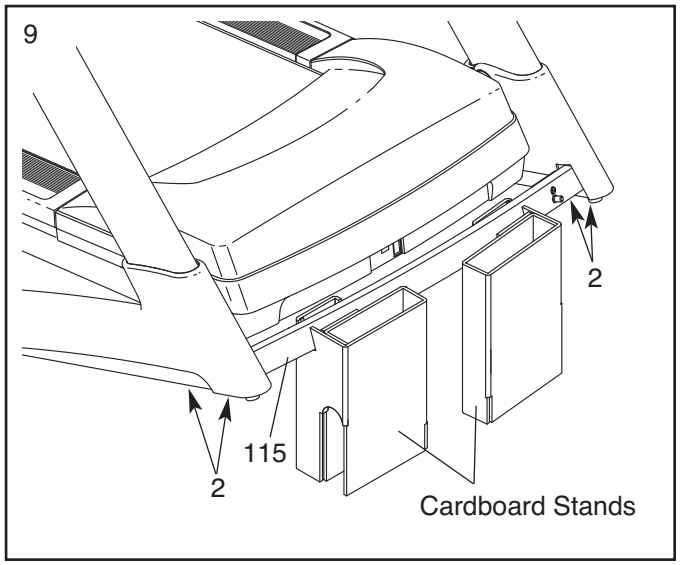
8. Attach the console assembly to the handrail assembly with nine #8 x 3/4" Screws (7). **Start all nine Screws before tightening them.**




9. Locate the two cardboard stands from step 1. With the help of a second person, raise the front of the treadmill and insert the crossbar on the Base (115) into the cutouts in the cardboard stands as shown. **Have the second person hold the treadmill to prevent it from moving forward or backward.**

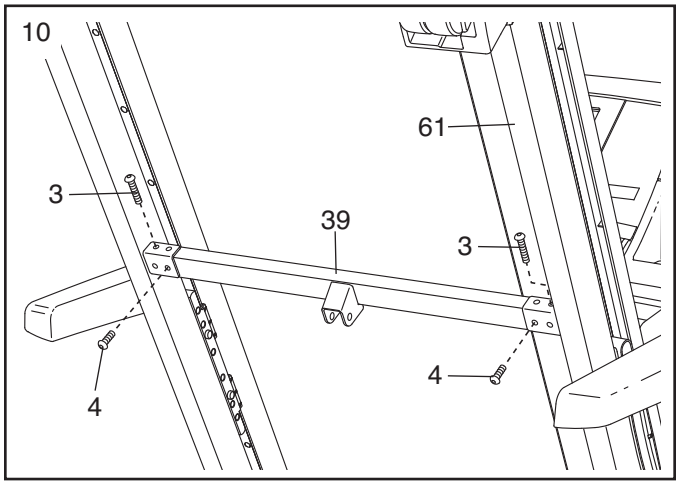
   Firmly tighten the four 3/8" x 3 3/4" Patch Bolts (2).

   With the help of a second person, lower the treadmill off the cardboard stands.




10. Raise the Frame (61) to the vertical position. **Have a second person hold the Frame until step 11 is completed.**

    Slide the Frame Crossbar (39) into the brackets on the Frame (61) as shown. Attach the Frame Crossbar with two 1/4" x 1 3/4" Bolts (3) and two 1/4" x 1 1/4" Bolts (4) as shown.

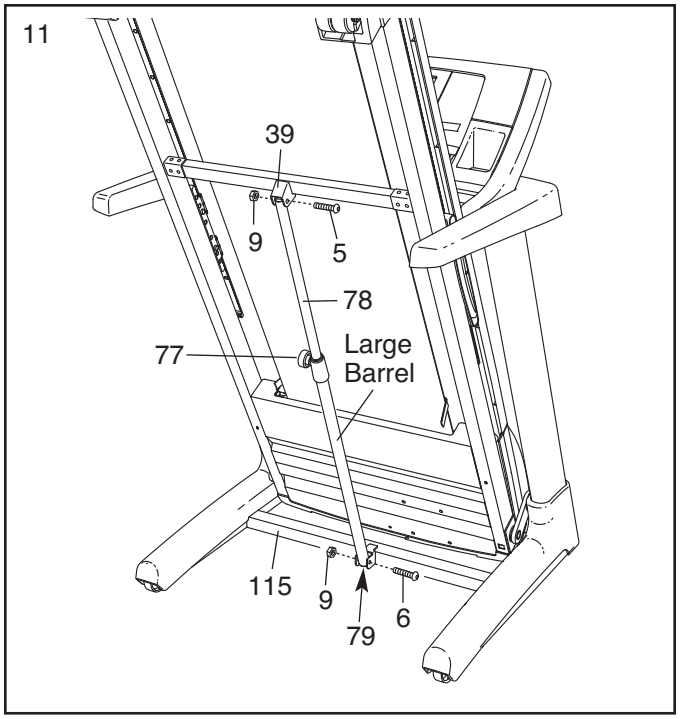


11. Orient the Storage Latch (78) so that the large barrel and the Latch Knob (77) are in the positions shown.

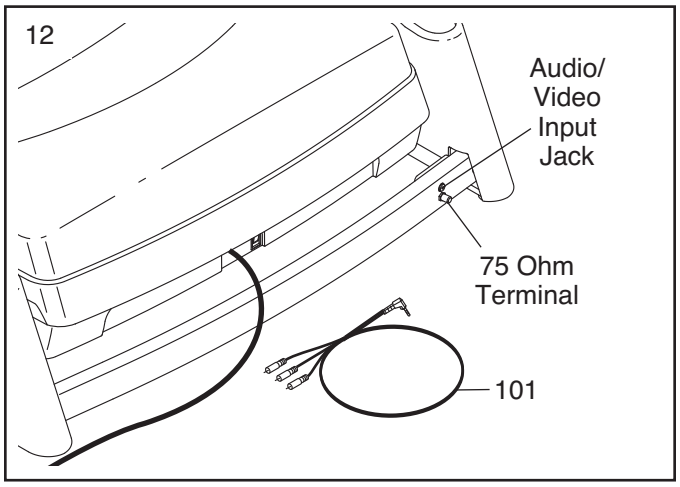
    Remove the tie from the upper end of the Storage Latch (78). Attach the upper end of the Storage Latch to the bracket on the Frame Crossbar (39) with a 3/8" x 1 3/4" Bolt (5) and a 3/8" Nut (9).

    Remove the tie from the lower end of the Storage Latch (78). Keep the holes in the Latch Cap (79) aligned with the holes in the Storage Latch. **Make sure to keep the Latch Cap inside the Storage Latch.** Attach the Storage Latch to the bracket on the Base (115) with a 3/8" x 2" Bolt (6) and a 3/8" Nut (9). Note: It may be necessary to move the Frame back and forth to align the Storage Latch with the bracket.

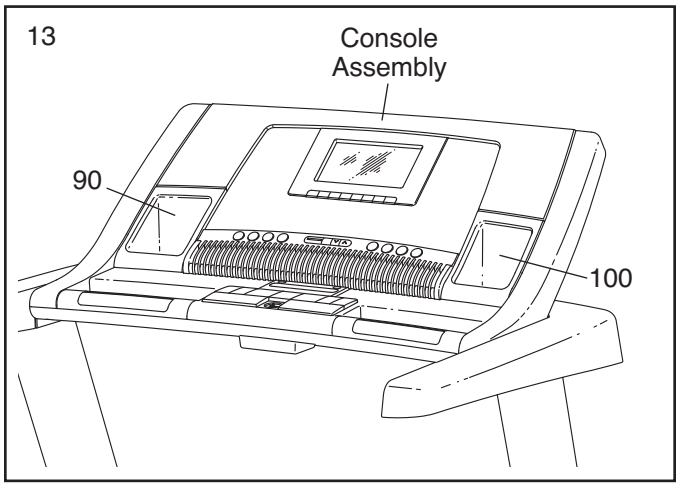
    Lower the Frame (61) (see HOW TO LOWER THE TREADMILL FOR USE on page 24).




12. Note the location of the 75 ohm terminal and the audio/video input jack on the treadmill. For the television to operate, an antenna or a CATV cable must be connected to the 75 ohm terminal or the 96" A/V Wire (101) must be connected to the audio/video input jack (see page 14).



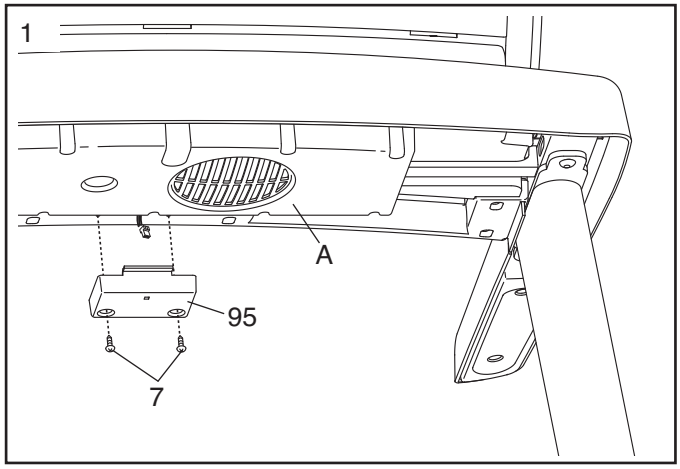

13. Make sure that the Left Accessory Tray (90) and the Right Accessory Tray (100) are pressed firmly into the console assembly.



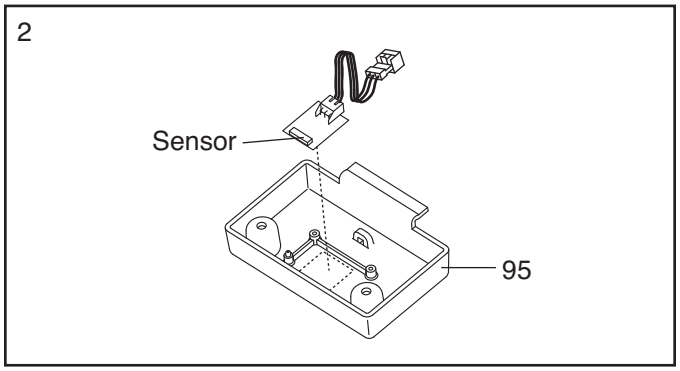

14. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see pages 33 and 34). **To protect the floor or carpet from damage, place a mat under the treadmill.**

**If you purchase the optional chest pulse sensor (see page 29), follow the steps below to install the receiver included with the chest pulse sensor.**

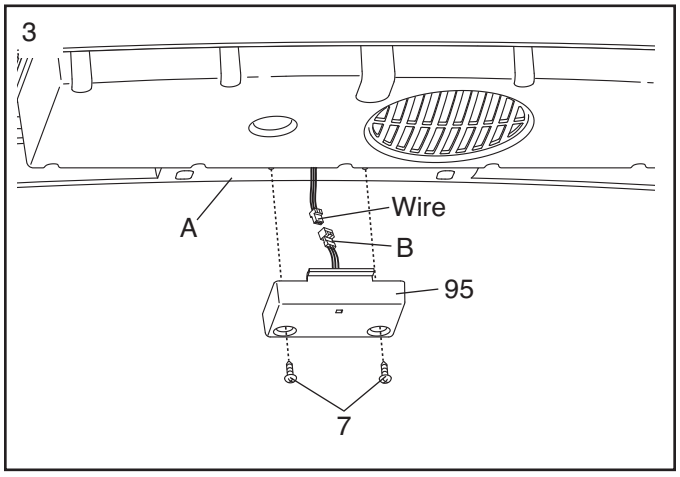
1. **Make sure that the power cord is unplugged.** Remove the indicated #8 x 3/4" Screws (7) from the Pulse Receiver Cover (95) on the back of the Console Assembly (A).




2. **Next, hold the receiver so that the sensor is oriented as shown.** Peel the paper backing off the pad on the bottom of the receiver. Press the receiver onto the Receiver Cover (95) in the location shown.



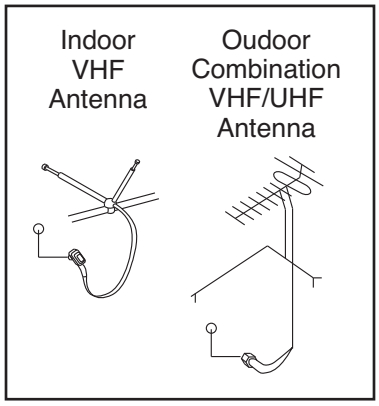

3. Connect the Wire (B) on the receiver to the wire extending from the Console Assembly (A). **Make sure that no wires are pinched.** Reattach the Pulse Receiver Cover (95) to the Console Assembly with the two #8 x 3/4" Screws (7). Discard the other wires included with the receiver.



**Before operating the television, you must connect an antenna or a 75 ohm CATV cable to the 75 ohm terminal or the 96" A/V Wire to the audio/video input jacks.** Note: Use a CATV cable to connect to an external source such as a cable box, satellite TV box, VCR, or analog cable. No CATV cable, antenna, or adapter is included.

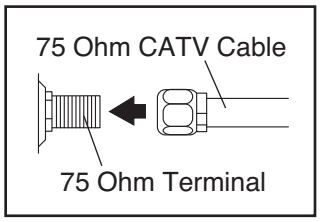
## HOW TO CONNECT AN ANTENNA

Place an indoor VHF antenna or an outdoor combination VHF/UHF antenna in the desired location. Outdoor antennas are subject to weathering that can reduce signal quality. Inspect your outdoor antenna and the lead-in wiring before connecting the antenna.



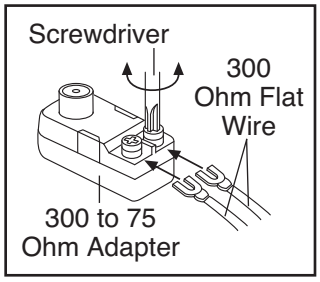

### 75 Ohm CATV Cable

1. Connect the 75 ohm CATV cable from the antenna to the 75 ohm terminal on the treadmill frame near the power cord.

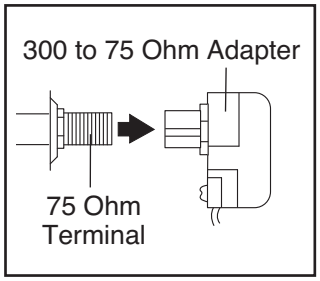



### 300 Ohm Flat Wire

1. Connect the 300 ohm flat wire from the antenna to a 300 ohm to 75 ohm adapter.




2. Push the 300 ohm to 75 ohm adapter onto the 75 ohm terminal on the treadmill frame near the power cord.




Note: Due to an FCC requirement, analog signals will no longer be broadcast over the air after February 17, 2009. If you wish to view television signals through an antenna after that date, you must have an antenna capable of receiving digital signals. Cable television will not be affected.

## HOW TO CONNECT AN EXTERNAL SOURCE USING A CATV CABLE

1. Connect one end of a 75 ohm CATV cable to the 75 ohm output jack on your external source.

2. Plug in the power cord of your external source. See your external source user's manual for proper grounding instructions.

3. Connect the 75 ohm CATV cable to the 75 ohm terminal on the treadmill frame near the power cord. See the drawing at the left.

## HOW TO CONNECT A VCR OR DVD PLAYER USING THE 96" A/V WIRE

1. Connect the three-pronged end of the 96" A/V Wire to your VCR or DVD player.

2. Plug in the power cord of your VCR or DVD player. See your VCR or DVD player user's manual for proper grounding instructions.

3. Connect the 96" A/V Wire to the audio/video input jack on the treadmill frame near the power cord.

# OPERATION AND ADJUSTMENT

**THE PRE-LUBRICATED WALKING BELT**

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

**HOW TO PLUG IN THE POWER CORD**

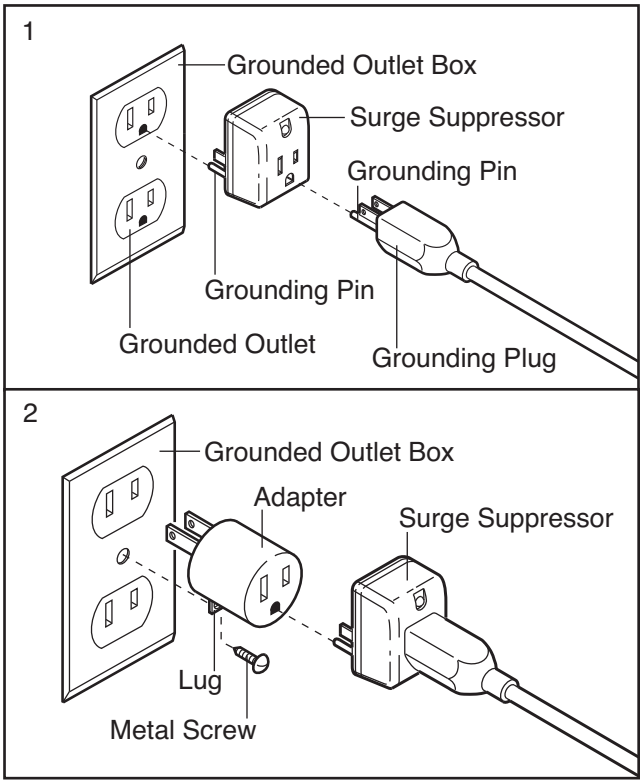
**⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.**

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see your local NordicTrack dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

**Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.**

**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

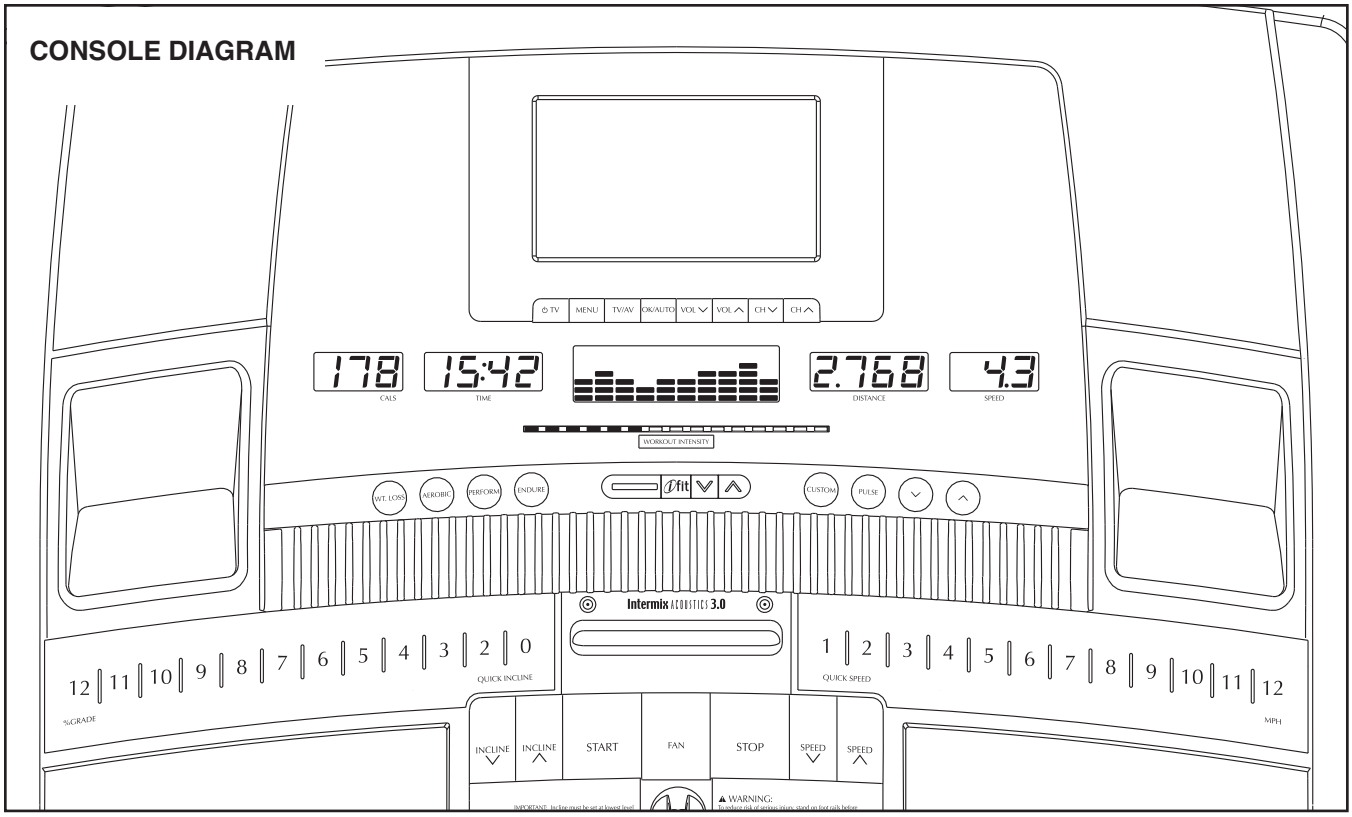
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.




The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

**CONSOLE DIAGRAM**




**FEATURES OF THE CONSOLE**

The treadmill console offers an impressive selection of features designed to make your workouts more effective and enjoyable. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor. See page 29 for information about the optional chest pulse sensor.

In addition, the console features twenty preset workouts—five Weight Loss workouts, five Aerobic workouts, five Performance workouts, and five Endurance workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective workout. You can even create your own custom workouts and save them for future use.

The console also features the new iFIT Interactive Workout System. The iFIT Interactive Workout System is compatible with iFIT cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout. iFIT workouts automatically control the treadmill while the voice of a personal trainer coaches you through every step of your workout. One demo iFIT card is included. Additional iFIT cards are available separately. **To purchase iFIT cards, go to www.iFIT.com or call the telephone number on the front cover of this manual. iFIT cards are also available at select stores.**

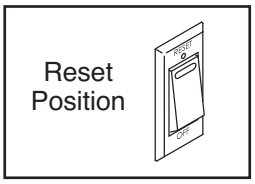
The console also offers two pulse workouts that control the speed and incline of the treadmill to help you keep your heart rate near target heart rate settings.

Whether you select the manual mode or a workout, you can enjoy the shows of your choice on the personal television while you get in shape. You can also listen to your favorite workout music or audio books with the console's premium stereo sound system.

**To turn on the power,** see page 17. **To use the manual mode,** see page 17. **To use a preset workout,** see page 19. **To create and use a custom workout,** see pages 20 and 21. **To use an iFIT card,** see page 22. **To use a pulse workout,** see page 23. **To operate the personal television,** see page 24. **To use the remote control,** see page 25. **To replace the batteries in the remote control,** see page 25. **To adjust television settings,** see page 26. **To use the information mode,** see page 28. **To use the stereo sound system,** see page 29.

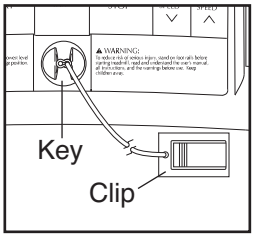
## HOW TO TURN ON THE POWER

**IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.**




Plug in the power cord (see page 15). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the "reset" position.

**IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the reset/off circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 28 to turn off the demo mode.**




Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing at the right), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light.

**IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

**IMPORTANT: If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 33).**

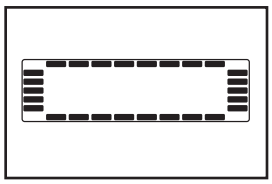
Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 28. For simplicity, all instructions in this section refer to miles.

## HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER at the left.

2. **Select the manual mode.**



   Each time the key is inserted, the manual mode will be selected. If you have selected a workout, press any of the workout buttons (Wt Loss, Aerobic, Perform, Endure, Custom, or Pulse) repeatedly until a track appears in the matrix.

3. **Start the walking belt and adjust the speed.**

   To start the walking belt, press the Start button, the Speed increase button, or one of the Quick Speed buttons numbered 1 to 12.

   If you press the Start button or the Speed increase button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 mph; if you hold down the button, the speed setting will change in increments of 0.5 mph. If you press one of the numbered Quick Speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting.

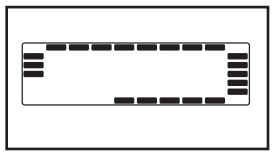
   To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered Quick Speed buttons.

4. **Change the incline of the treadmill as desired.**

   To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the Quick Incline buttons numbered 0 to 12.

   Each time you press the Incline increase or decrease button, the incline will change by 0.5%. If you press one of the numbered Quick Incline buttons, the incline will gradually change until it reaches the selected incline setting.

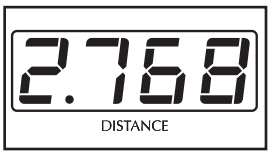
5. **Follow your progress with the displays.**



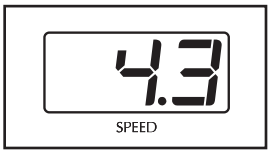
**The matrix**—When you select the manual mode, the matrix will display a track that represents 1/4 mile (400 meters). As you exercise, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

**The Calorie/Incline display**—The Calorie/Incline display can show the approximate number of calories you have burned. The display will also show the incline of the treadmill for several seconds each time the incline changes.

**The Time display**—The Time display will show the elapsed time. Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.

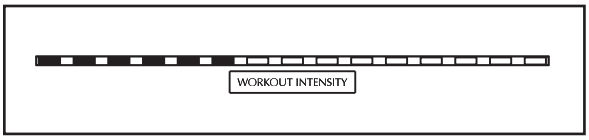



**The Distance display**—The Distance display can show the distance that you have walked or run.




**The Speed/Pulse display**—The Speed/Pulse display can show the speed of the walking belt. The display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor.

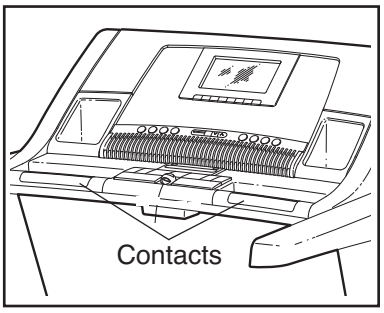
As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.




To reset the console, press the Stop button, remove the key, and then reinsert the key.

6. **Measure your heart rate if desired.**

**Note: If you use the handgrip pulse sensor and the optional chest pulse sensor at the same time, the console will not display your heart rate accurately.** See page 29 for information about the optional chest pulse sensor.




Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.

To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrail—**avoid moving your hands. Hold the contacts for approximately ten seconds.** When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7. **Turn on the fan if desired.**

The fan features high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically after a few minutes.

8. **When you are finished exercising, remove the key from the console.**

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill’s electrical components may wear prematurely.**

## HOW TO USE A PRESET WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 17.

2. **Select a preset workout.**

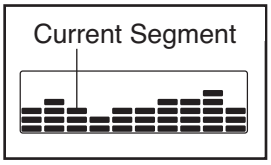
   To select a preset workout, press the Wt. Loss button, the Aerobic button, the Perform button, or the Endure button repeatedly.

   When a preset workout is selected, the displays will show the maximum incline setting, the duration of the workout, the workout number, and the maximum speed setting of the workout. In addition, a profile of the speed settings of the workout will scroll across the matrix.

3. **Press the Start button to start the workout.**

   A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

   Each workout is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

   During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. The new speed and incline settings will appear in the displays for a few seconds.

   If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the speed or incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

   To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

   The workout will continue in this way until the last segment of the workout ends. The walking belt will then slow to a stop.

4. **Follow your progress with the displays.**

   See step 5 on page 18.

5. **Measure your heart rate if desired.**

   See step 6 on page 18.

6. **Turn on the fan if desired.**

   See step 7 on page 18.

7. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 18.

## HOW TO CREATE A CUSTOM WORKOUT

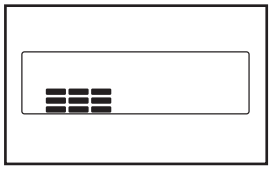
1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 17.

2. **Select a custom workout.**

   To select a custom workout, press the Custom button repeatedly. When a custom workout is selected, the workout number and three columns of indicators will appear in the displays.

   **Note: If more than three columns of indicators scroll across the matrix, see HOW TO USE A CUSTOM WORKOUT on page 21.**

3. **Press the Start button and program the desired speed and incline settings.**

   A moment after you press the Start button, the walking belt will begin to move. Hold the handrails and begin walking.

   Each custom workout is divided into several one-minute segments. One speed setting and one incline setting can be programmed for each segment. To program speed and incline settings for the first segment, simply adjust the speed and incline of the treadmill as desired by pressing the speed and incline buttons.

   When the first segment of the workout ends, a series of tones will sound and the current speed and incline settings will be saved in memory. Program a speed setting and an incline setting for the second segment in the same way.

   Continue programming speed and incline settings for as many segments as desired; custom workouts can have up to forty segments. When you are finished with your workout, press the Stop button twice. The speed and incline settings that you have programmed and the workout time will then be saved in memory.

4. **Follow your progress with the displays.**

   See step 5 on page 18.

5. **Measure your heart rate if desired.**

   See step 6 on page 18.

6. **Turn on the fan if desired.**

   See step 7 on page 18.

7. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 18.

## HOW TO USE A CUSTOM WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 17.

2. **Select a custom workout.**

   To select a custom workout, press the Custom button repeatedly. When a custom workout is selected, a profile of the speed settings of the workout will scroll across the matrix.

   In addition, the maximum incline setting, the duration of the workout, the workout number, and the maximum speed setting of the workout will appear. **Note: If only three columns of indicators scroll across the matrix, see HOW TO CREATE A CUSTOM WORKOUT on page 20.**

3. **Press the Start button to start the workout.**

   A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.

   Each custom workout is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

   The custom workout will function in the same way as a preset workout (see step 3 on page 19).

   If desired, you can redesign the workout while using it. **To change the speed setting or the incline setting for the current segment,** simply press the speed or incline buttons. When the current segment ends, the new setting will be saved in memory. **To increase the length of the workout,** first wait until the workout is completed. Then, press the Start button and program speed and incline settings for as many additional segments as desired. When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the workout,** press the Stop button twice at any time before the workout is completed.

   To stop the workout temporarily, press the Stop button. To restart the workout, press the Start button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings programmed for the next segment.

4. **Follow your progress with the displays.**

   See step 5 on page 18.

5. **Measure your heart rate if desired.**

   See step 6 on page 18.

6. **Turn on the fan if desired.**

   See step 7 on page 18.

7. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 18.

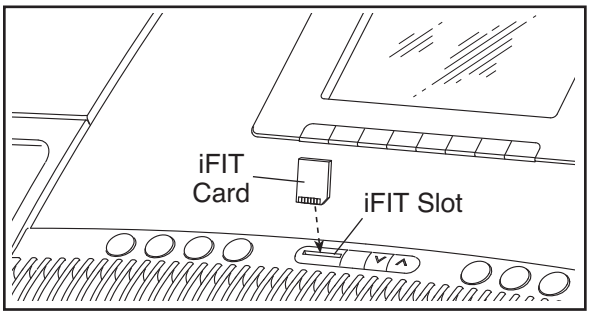
## HOW TO USE AN IFIT CARD

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 17.

2. **Insert an iFIT card and select a workout.**

   To use an iFIT workout, insert an iFIT card into the iFIT slot; make sure that the iFIT card is oriented so the metal contacts are face-down and are inserted into the iFIT slot.




   Next, select an iFIT workout by pressing the iFIT up and down buttons next to the iFIT slot. When an iFIT workout is selected, the displays will show the maximum incline setting, the duration of the workout, the workout number, and the maximum speed setting of the workout. In addition, a profile of the speed settings of the workout will appear in the display.

   Each iFIT workout is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

3. **Press the Start button to start the workout.**

   A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking. During the workout, a personal trainer will guide you through the workout.

   If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the speed or incline buttons; **however, when the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

   To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. **Follow your progress with the displays.**

   See step 5 on page 18.

5. **Turn on the fan if desired.**

   See step 7 on page 18.

6. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 18.

   **CAUTION: Always remove iFIT cards from the iFIT slot when you are not using them.**

## HOW TO USE A PULSE WORKOUT

**⚠CAUTION: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse workouts. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.**

1. **Put on the optional chest pulse sensor.**

   Note: For best results, wear a chest pulse sensor to use a pulse workout. See page 29 for information about the optional chest pulse sensor.

2. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 17.

3. **Select one of the four pulse workouts.**

   To select a pulse workout, press the Pulse button repeatedly. When a pulse workout is selected, the workout duration, name of the workout, and the maximum target heart rate will appear in the displays. In addition, a profile of the heart rate settings of the workout will scroll across the matrix.

4. **Enter a target heart rate setting.**

   The maximum target heart rate setting of the workout will appear in the Speed/Pulse display. If desired, press the increase and decrease buttons near the Pulse button to change the maximum target heart rate setting **(see EXERCISE INTENSITY on page 36).** Note: If you change the maximum target heart rate setting, the intensity level of the entire workout will change.

5. **Press the Start button to start the workout.**

   A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

   Pulse workouts are divided into one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for consecutive segments.

   During each segment of the workout, the console will compare your heart rate to the target heart rate setting for that segment. If your heart rate is too far below or above the target heart rate setting, the speed and/or incline will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

   If your pulse is not detected during the program, the letters “PLS” will flash in the display and the speed and/or incline of the treadmill may automatically decrease. If this occurs, see the instructions included with the optional chest pulse sensor.

   When the first segment of the workout ends, a series of tones will sound and all target heart rate settings will move one column to the left. The new speed and incline settings will appear in the display. The workout will continue in this way until the last segment of the workout ends. The walking belt will then slow to a stop.

   If the speed and/or incline settings are too high or too low, you can change the intensity level of the workout at any time by pressing the Speed and Incline buttons; **however, when the console compares your heart rate to the target heart rate for the current segment, the speed and/or incline of the treadmill may change to bring your heart rate closer to the target heart rate setting.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button. The walking belt will begin to move at 1 mph; **however, when the console compares your heart rate to the target heart rate setting for the current segment, the speed and/or incline of the treadmill may change to bring your heart rate closer to the target heart rate setting.**

6. **Follow your progress with the displays.**

   See step 5 on page 18.

7. **Turn on the fan if desired.**

   See step 7 on page 18.

8. **When you are finished exercising, remove the key from the console.**

   See step 8 on page 18.

## HOW TO OPERATE THE PERSONAL TELEVISION

**IMPORTANT: Before operating the television, you must connect the 96" A/V Wire or a CATV cable to the treadmill (see page 14).**

1. **Turn on the television.**

   If there is a sheet of clear plastic on the television screen, remove the plastic. Insert the key into the console. See HOW TO TURN ON THE POWER on page 17. Press the TV power button to turn on the television. Note: If you operate the television without inserting the key into the console, the buttons on the console will not function.

2. **Scan for television channels.**

   Before operating your television, you must scan for channels. See page 27 for information on scanning for channels. Note: You must connect a VCR or DVD player and scan for channels before you can use a VCR or DVD player.

   Your television can receive analog and digital signals. For the television to operate properly, good reception is necessary. Make sure the television settings are set correctly (see HOW TO ADJUST TELEVISION SETTINGS on page 26). If you are using an antenna, make sure that it is properly connected and adjusted for optimal reception (see HOW TO CONNECT AN ANTENNA on page 14).

3. **Press the TV/AV button to select a television source.**

   Select a television source by pressing the TV/AV button repeatedly. If you have connected an antenna or a 75 ohm CATV cable to the 75 ohm terminal on the treadmill, select the TV source. If you have plugged the 96" A/V Wire into the audio/video input jack, select the AV source.

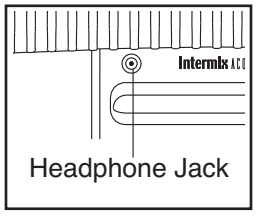
   To use a VCR or DVD player, make sure the VCR or DVD player is connected correctly (see page 14). Select the AV source and press play on your VCR or DVD player.

4. **Press the Channel buttons to select the desired channel.**

   When you turn on the television, the screen will show the last channel that was selected. To select a different channel, press the numbered channel buttons or the Channel (CH) increase and decrease buttons. The selected channel number will appear on the screen for a few seconds. Note: Before channels can be selected, they must be saved in the television's memory. See page 26.

5. **Press the Volume buttons to adjust the volume.**

   Press the Volume (VOL) increase or decrease buttons on the console to change the volume. When you press either button, the volume level will appear on the screen for a few seconds. Note: For best results, change the volume by pressing the Volume buttons on the console only.

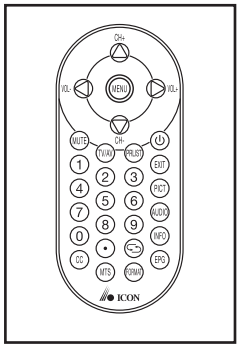



   To use earphones or headphones (not included), plug them into the headphone jack near the Start button on the console.

6. **Turn off the television.**

   When you are finished using the television, press the TV power button to turn off the television.

## HOW TO OPERATE THE REMOTE CONTROL




The first time you use the remote control, insert batteries (see HOW TO CHANGE THE BATTERIES IN THE REMOTE CONTROL at the right).

Next, stand on the treadmill and hold the remote control near the television. Point the remote control directly at the television.

Press the power button (⏻). After a few moments, the television will turn on or turn off.

Press the Volume (VOL) increase or decrease button to adjust the volume. For best results, change the volume by pressing the Volume buttons on the console only. The Volume increase and decrease buttons on the remote function as the left and right navigation buttons in a menu.

Press the Mute button to turn on or turn off the sound.

Press the numbered channel buttons or the Channel (CH) increase or decrease button to select a channel. The Channel increase and decrease buttons on the remote also function as the up and down navigation buttons in a menu.

Press the Return button (⮌) to view the previous channel.

Press the Menu button to view the main menu or to view a previous menu. See pages 26 and 27 for information on the menu.

Press the Exit button to exit any menu.

Press the PRLIST button to view a list of channels. If you have labeled any channels, the menu will also show the channel label. See page 27 for information on labeling channels. Note: You can also view this list by pressing the Auto button on the console.

Press the EPG button to view the electronic program guide. Note: The electronic program guide is only available when viewing ATSC digital television.

Press the Info button to view information about the current program and the broadcast or cable signal.

Press the CC button repeatedly to turn on or turn off closed captioning. See step 5 on page 26 to adjust closed captioning settings.

Press the TV/AV button repeatedly to select the input source. To view television channels through an antenna or a CATV cable, select the TV source. To use the 96" A/V Wire, select the AV source.

Press the MTS button repeatedly to select mono, stereo, or SAP (secondary audio programming) as the audio setting.

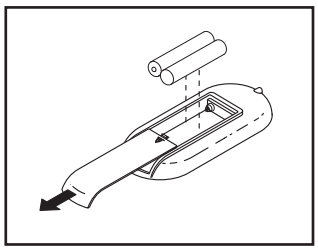
Press the Format button repeatedly to select auto, 4:3, or wide image as the display format. Note: The auto display format is only available when viewing ATSC digital television.

Press the Pict button repeatedly to select standard, dynamic, soft, or personal as the image mode.

Press the Audio button repeatedly to select standard, music, movie, or personal as the audio mode.

To select a sub channel, select a channel, press the Subchannel button (•), and then press the numbered channel buttons.

## HOW TO REPLACE THE BATTERIES IN THE REMOTE CONTROL



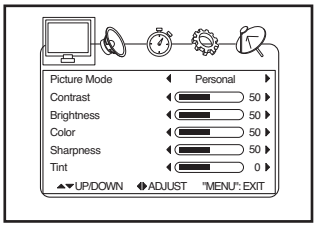
To replace the batteries, first locate the battery cover on the back of the remote control. Push down lightly on the battery cover with your thumb and slide off the battery cover.

Next, remove the old batteries from the remote control, and insert two new “AAA” batteries. **Make sure to insert the batteries as shown in the drawing**. Then, slide the battery cover onto the remote control.

## HOW TO ADJUST TELEVISION SETTINGS

You must use your remote control to adjust television settings. Press the Menu button to enter the main menu or to return to a previous menu. Press the Exit button to exit a menu. Press the Channel (CH) increase and decrease buttons to highlight an item and the Volume (VOL) increase and decrease buttons on your remote control to adjust the settings if desired.

**1. Press the Menu button to enter the main menu.**




To select one of the icons across the top of the screen, press the Volume increase and decrease buttons on your remote control until the desired icon appears larger than the others. Select the monitor to adjust the image settings. Select the speaker to adjust the audio settings. Select the clock to adjust the time settings. Select the gear to adjust the television settings. Select the antenna to locate and save channels. To return to the main menu, press the Menu button repeatedly.

**2. Adjust the image settings.**

Select the personal, standard, dynamic, or soft picture mode. The contrast, brightness, color, sharpness, and tint will automatically adjust. You can also manually adjust the contrast, brightness, color, sharpness, or tint.

**3. Adjust the audio settings.**

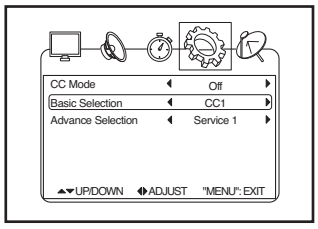
Select the personal, standard, movie, or music sound mode. The bass, treble, and balance will automatically adjust. You can also manually adjust the bass, treble, balance, or audio language. Select an audio language to hear programs in the selected language. Note: The audio language setting will function only if another audio signal is available.

**4. Adjust the time settings.**

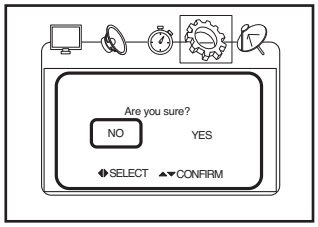
Adjust the OSD (on-screen display) duration, sleep timer, time zone, or daylight savings time. The clock will display the current date and time and is reset every time the power is turned on. The OSD duration is the length of time indicators (like channel number or the electronic program guide) will remain on the screen after they appear. If you set the sleep timer, the television will turn off after the indicated number of minutes. A countdown will warn you when the television is about to turn off. Note: The time zone, daylight savings time, and clock are only available when viewing digital television.

**5. Adjust the television settings.**

Adjust the language used in the menus, the transparency of the menu, the color mode, or the closed caption settings. You can also restore console settings.




To enter the closed caption submenu, highlight CLOSED CAPTION and press the Volume increase button on your remote control. In the closed caption submenu, adjust the closed caption mode, the basic selection, and the advanced selection.

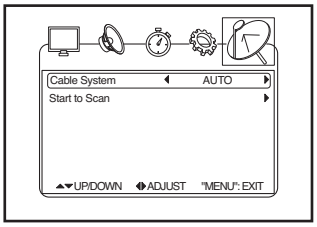



When you highlight RESTORE SETTING and press the Volume increase button, a confirmation request will appear in the display. Use the Volume increase or decrease button to select YES or NO and press the Channel increase or decrease button to confirm your selection. Select YES to restore the original television settings or NO to keep the current settings.

**6. Locate and save channels.**

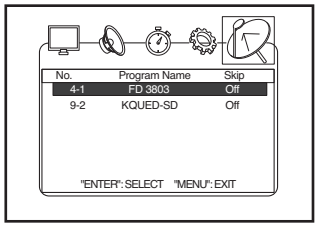
Select CATV or AIR. Select CATV to receive channels through a CATV cable. Select AIR to receive channels through an antenna.

To scan for available channels, highlight AUTO SCAN or AUTO SCAN ADD CH. To scan all channels, select the Auto scan option. To scan channels and add an extra channel, select the Auto Scan Add Ch option. The scan channel submenu will appear.

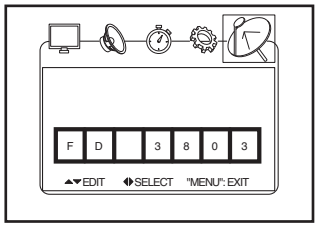



If you are receiving channels through a CATV cable, highlight CABLE SYSTEM and select the auto, STD, IRC, or HRC setting. Try all four cable settings, if necessary, to find the optimal setting.

Highlight START TO SCAN and press the Volume increase button to start the auto scan. The television will begin scanning all of the channels available in your area. When no signal is detected on a channel, the channel will be skipped. When a signal is detected, the channel will be saved into memory and the next channel will be selected. This process will continue until the highest channel is reached. The television will renumber the channels in the order in which it locates them. **Do not remove the key while the television is scanning channels.** Note: If a television channel disappears, scan for channels again.




After all valid channels available in your area have been saved into the television's memory, you can manually skip unwanted channels. To skip a channel, highlight CHANNEL SKIP and press the Volume increase button on your remote control. In the channel skip submenu, press the Channel increase and decrease buttons to highlight the desired channel and the Volume increase and decrease buttons to turn on or off the skip option. Continue this process until you have skipped all unwanted channels.




To change the display name of a channel, highlight CHANNEL NO. and select a channel. Then, highlight CHANNEL LABEL and press the Volume increase button to enter the channel label submenu. Press the Volume increase and decrease buttons to select a number or letter box. Then press the Channel increase and decrease buttons to select the desired number or letter.

**7. Exit the Menu.**

When you have finished adjusting the settings, press the Exit button.

## THE INFORMATION MODE

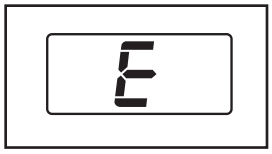
The console features an information mode that keeps track of the total distance that the walking belt has moved and the total number of hours that the treadmill has been used. The information mode also allows you to select miles or kilometers to measure distance, and to turn on and turn off the display demo mode.

To select the information mode, hold down the Stop button while inserting the key into the console and then release the Stop button. When the information mode is selected, the following information will be shown:

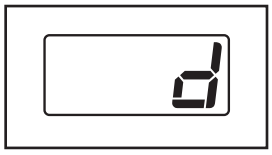
The Time display will show the total number of hours the treadmill has been used.

The Distance display will show the total number of miles or kilometers that the walking belt has moved.

An “E” for English miles or an “M” for metric kilometers will appear in the Calorie/Incline display. Press the Speed increase button to change the unit of measurement if desired.

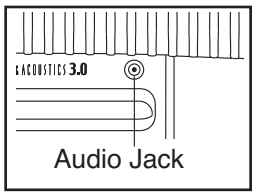



The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the reset/off circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a “d” will appear in the Speed/Pulse display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.




To exit the information mode, remove the key from the console.

## HOW TO USE THE STEREO SOUND SYSTEM




To play music or audio books through the console's stereo speakers, you must connect your MP3 player, CD player, or other personal audio player to the console through the audio jack near the Stop button.

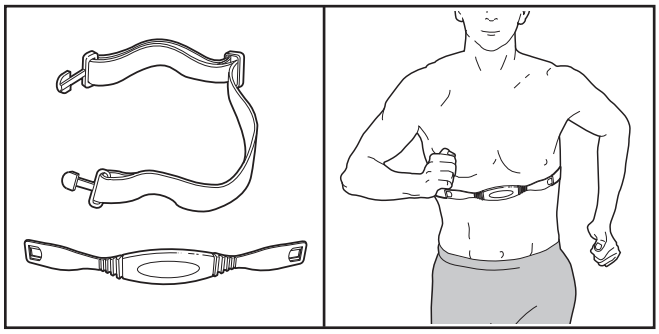
To use the audio jack, locate the 18" audio wire and plug it into the audio jack. Then plug the 18" audio wire into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the 18" audio wire is fully plugged in.**

Next, press the Play button on your MP3 player, CD player, or other personal audio player. Adjust the volume on your personal audio player or press the Volume increase and decrease buttons on the console.

If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface and not on the console.

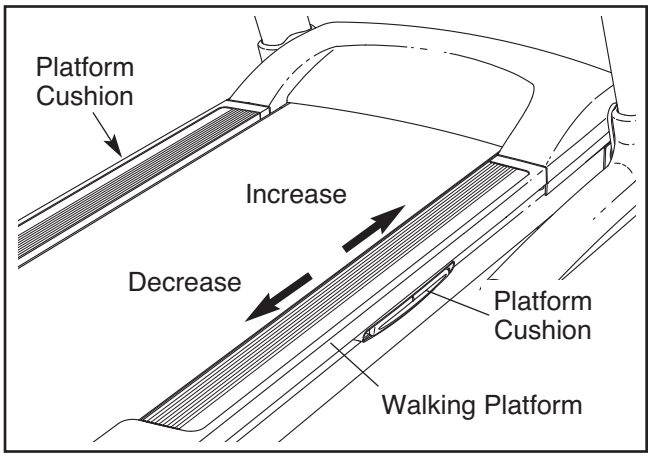
## THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor offers hands-free operation as it tracks your heart rate during your workouts. **To purchase the optional chest pulse sensor, call the telephone number on the front cover of this manual.**



## HOW TO ADJUST THE CUSHIONING SYSTEM

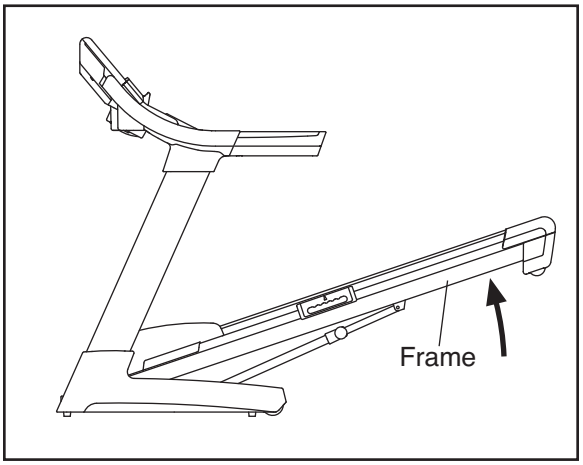
The treadmill features a cushioning system that reduces the impact as you walk or run on the treadmill. To increase the firmness of the walking platform, step off the treadmill and slide the platform cushions toward the front of the treadmill. To decrease the firmness, step off the treadmill and slide the platform cushions toward the back of the treadmill. **Note: Make sure that both cushions are set at the same firmness level. The faster you run on the treadmill, or the more you weigh, the firmer the walking platform should be.**



# HOW TO FOLD AND MOVE THE TREADMILL

### HOW TO FOLD THE TREADMILL FOR STORAGE

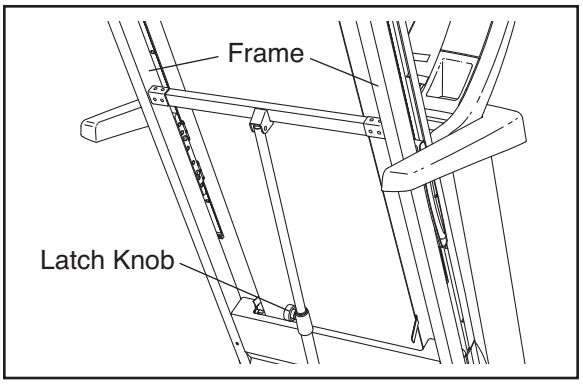
**Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.**




1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. To raise the frame, bend your legs, keep your back straight, and lift with your legs.** Raise the frame about halfway to the vertical position.

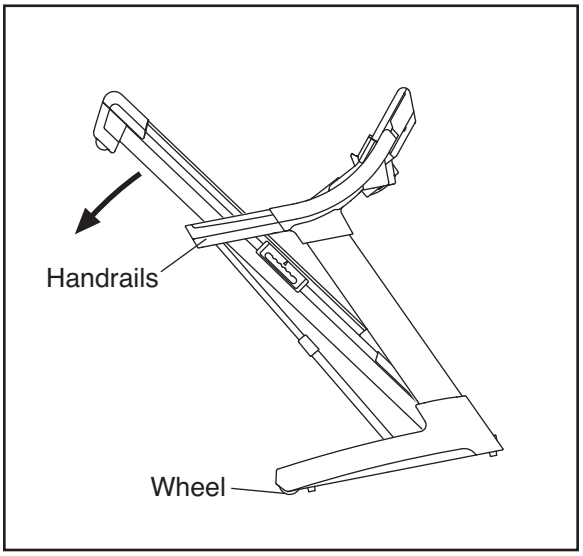
2. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

   **To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).**




### HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**



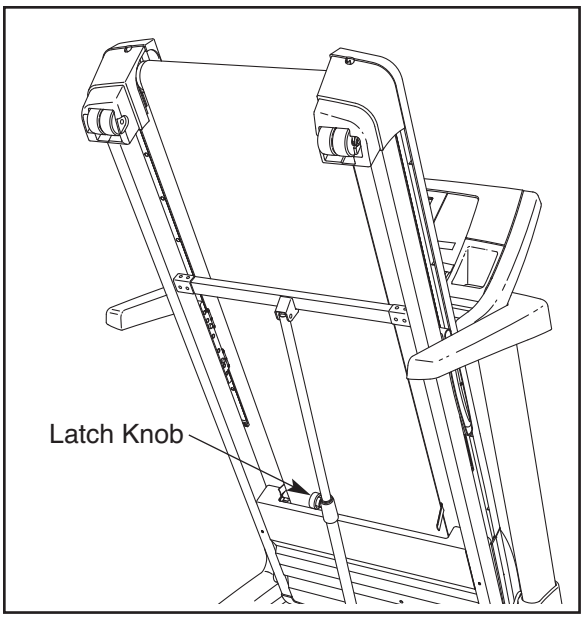

1. Hold the handrails and place one foot against one of the wheels.

2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

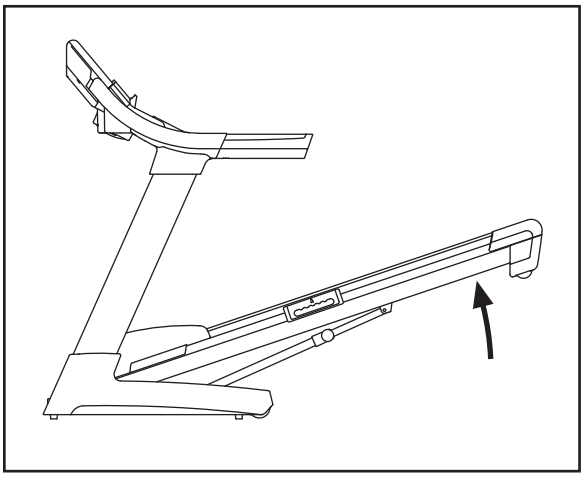
3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.

## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. Pivot the frame downward and release the latch knob. Note: To release the latch knob, it may be necessary to push the frame forward as you pull the latch knob to the left.




2. **Hold the metal frame firmly with both hands**, and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**



# TROUBLESHOOTING

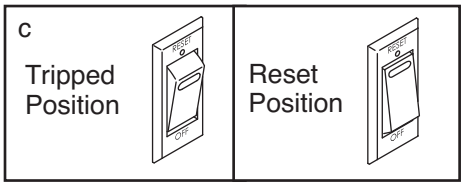
**Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.**

**PROBLEM: The power does not turn on**

**SOLUTION:** a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 15). Use only a single-outlet surge suppressor that meets all of the specifications described on page 15. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch to the reset position.




**PROBLEM: The power turns off during use**

**SOLUTION:** a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch to the reset position.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

d. If the treadmill still will not run, please see the front cover of this manual.

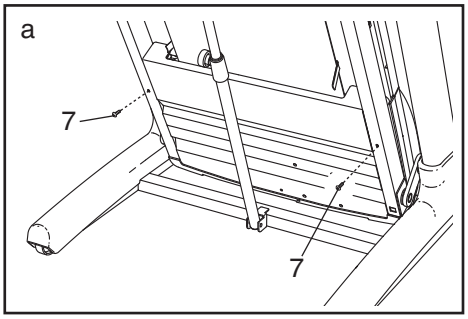
**PROBLEM: The console displays remain lit when you remove the key from the console**

**SOLUTION:** a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 28 to turn off the demo mode.

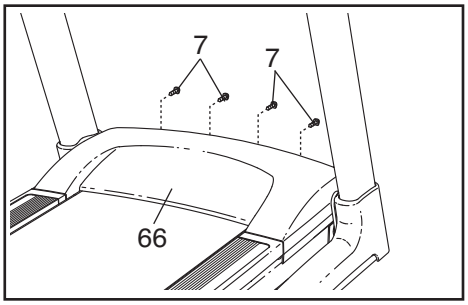
**PROBLEM: The displays of the console do not function properly**

**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD.** Place the treadmill in the storage position (see HOW TO FOLD AND MOVE THE TREADMILL on page 30).

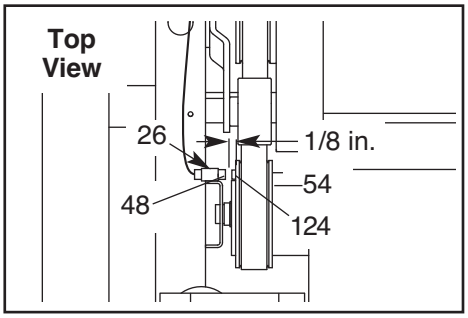
Next, remove the two indicated #8 x 3/4" Screws (7).



Lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 31). Remove the four indicated #8 x 3/4" Screws (7), and remove the Motor Hood (66).



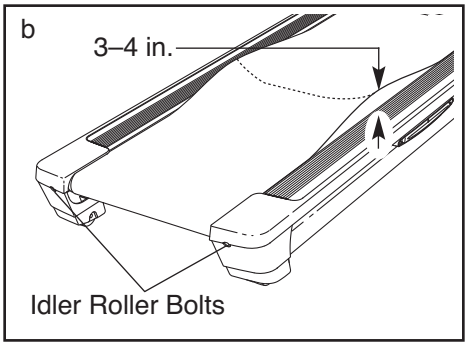

Next, locate the Reed Switch (48) and the Magnet (124) on the left side of the Pulley (54). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the indicated #8 x 3/4" Washer Head Tek Screw (26), move the Reed Switch slightly, and then retighten the Tek Screw. Reattach the Hood (not shown) with the six #8 x 3/4" Screws (not shown). Run the treadmill for a few minutes to check for a correct speed reading.




**PROBLEM: The walking belt slows when walked on**

**SOLUTION:** a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 15.

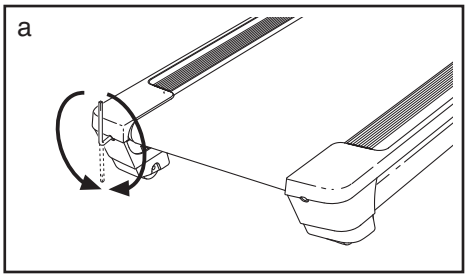
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



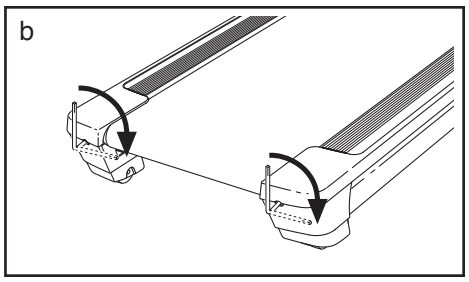

c. If the walking belt still slows when walked on, please see the front cover of this manual.

**PROBLEM: The walking belt is off-center or slips when walked on**

**SOLUTION:** a. If the walking belt is off-center, remove the key and **UNPLUG THE POWER CORD. If the walking belt has shifted to the left,** use the hex key to turn the left idler roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left idler roller bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.




**PROBLEM: The incline of the treadmill does not change correctly**

**SOLUTION:** a. Hold down the Stop button and the Speed increase button, insert the key into the console, and then release the Stop button and the Speed increase button. Press the Incline increase or decrease button. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system. If the incline does not calibrate, press the Stop button, and then press the Incline increase or decrease button again. When the incline is calibrated, remove the key from the console.

**PROBLEM: Television reception is poor**

**SOLUTION:** a. Make sure that the television settings are set correctly. See HOW TO ADJUST TELEVISION SETTINGS on page 26.

b. For the digital television to operate properly, good reception is necessary. If you are using an antenna, make sure that it is properly connected and adjusted for optimal reception. (See HOW TO CONNECT AN ANTENNA on page 14.)

c. Check for the problems listed below and follow the applicable instructions.

- Ignition (black spots or horizontal streaks that appear or a picture that flutters or drifts)—Usually this is caused by interference from automobile ignition systems, neon lamps, electric drifts, or other electric appliances. Try changing the position of the treadmill or other electric appliances to correct the problem.

- Ghosts—Ghosts are caused by the television signal following two paths—one is the direct path and the other is reflected from tall buildings, hills, or other objects. Change the direction or position of the antenna to improve reception.

- Blue Screen—If the treadmill is located in the fringe area of a television station where the signal is weak, the picture may be of poor quality or a blue screen may appear. If the signal is weak, it may be necessary to install an external antenna to improve the picture.

- Fading—If blocks of the picture are missing, the picture moves around the screen, or the picture disappears, the signal may be weak. Change the direction or position of the antenna to improve reception. Make sure the television settings are set correctly (see HOW TO ADJUST TELEVISION SETTINGS on page 26). Do not use a splitter.

Note: If one of these problems appears when the cable from a CATV company is connected, the problem may be caused by the cable company broadcast.

**PROBLEM: The remote control does not function correctly**

**SOLUTION:** a. Make sure you are standing on the treadmill, holding the remote control near the television and pointing the remote control directly at the console.

b. If your remote control is still not functioning correctly, the batteries should be replaced; most remote control problems are the result of low batteries. See page 25 to replace the batteries.

**PROBLEM: The television is not receiving a signal**

**SOLUTION:** a. Make sure the correct TV or AV source is selected. See step 3 on page 24 to select a television source.

b. Make sure that the antenna cable, CATV cable, or 96" A/V Wire is connected securely to the treadmill. See page 14 to connect a cable to treadmill.

c. Scan for broadcast or cable signals. See page 27 to scan for signals.

d. Due to an FCC requirement, analog signals will no longer be broadcast over the air after February 17, 2009. If you wish to view television signals through an antenna after this date, you must have an antenna capable of receiving digital signals. Cable television will not be affected.

**PROBLEM: The volume is too loud or the television audio makes a crackling sound**

**SOLUTION:** a. If the television audio makes a crackling sound when the volume is turned up, the volume is too loud. Press the Volume increase or decrease button on the remote control until the volume level is 80 percent. Once the volume reaches 80 percent, adjust the volume by pressing the Volume buttons on the console only.

**PROBLEM: The volume cannot be turned up**

**SOLUTION:** a. If the volume cannot be turned up, the volume may have been adjusted with the remote control. Press the Volume increase or decrease button on the remote control until the volume level is 80 percent. Once the volume reaches 80 percent, adjust the volume by pressing the Volume buttons on the console only.

b. If there is no sound coming from the television, make sure the television audio is not muted.

**PROBLEM: The television needs to be cleaned**

**SOLUTION:** a. **UNPLUG THE POWER CORD.** To clean the television, wipe the television and screen using a soft cloth with a small amount of soft detergent. **Do not use a polishing cloth, solvent, or any type of propellant or chemical detergent such as alcohol or benzene.**

# EXERCISE GUIDELINES

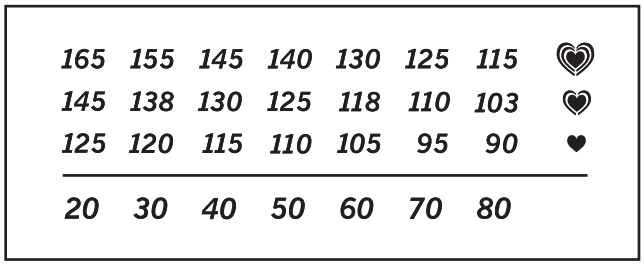
**⚠ WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

**The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

### EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.




To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

### WORKOUT GUIDELINES

**Warming up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

**Cooling down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

### EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST—Model No. NTL14908.0

R1008A

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

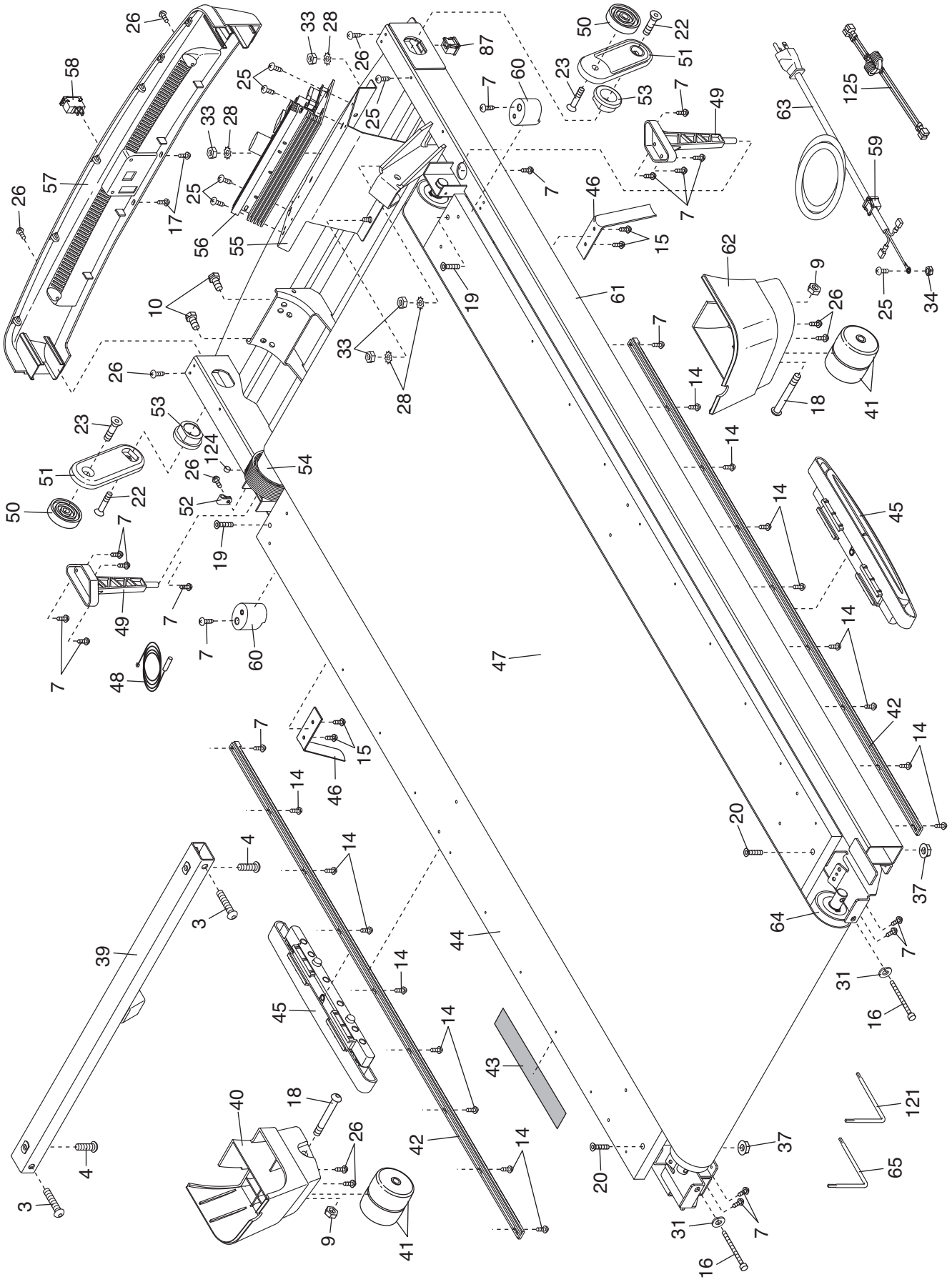
| Key No. | Qty. | Description |
|---|---|---|
| 1 | 4 | 3/8" x 1 1/4" Patch Bolt |
| 2 | 4 | 3/8" x 3 3/4" Patch Bolt |
| 3 | 2 | 1/4" x 1 3/4" Bolt |
| 4 | 2 | 1/4" x 1 1/4" Bolt |
| 5 | 1 | 3/8" x 1 3/4" Bolt |
| 6 | 1 | 3/8" x 2" Bolt |
| 7 | 80 | #8 x 3/4" Screw |
| 8 | 8 | 3/8" Star Washer |
| 9 | 10 | 3/8" Nut |
| 10 | 2 | 5/16" Drive Motor Bolt |
| 11 | 1 | 3/8" x 1 3/4" Hex Bolt |
| 12 | 1 | 3/8" x 2" Hex Bolt |
| 13 | 10 | #8 x 3/4" Tek Screw |
| 14 | 16 | #8 x 3/4" Screw |
| 15 | 4 | #8 Belt Guide Screw |
| 16 | 2 | 1/4" x 2 1/2" Bolt |
| 17 | 18 | #8 x 1/2" Screw |
| 18 | 2 | 3/8" x 3 3/4" Bolt |
| 19 | 2 | 1/4" x 1 1/4" Bolt |
| 20 | 2 | 5/16" x 1 1/4" Bolt |
| 21 | 12 | #12 x 1" Screw |
| 22 | 2 | 3/8" x 3/4" Bolt |
| 23 | 2 | 3/8" x 1 3/4" Patch Bolt |
| 24 | 2 | 3/8" x 2 3/8" Bolt |
| 25 | 9 | #8 x 1/2" Bright Screw |
| 26 | 9 | #8 x 3/4" Washer Head Tek Screw |
| 27 | 4 | #8 x 1" Screw |
| 28 | 4 | 1/4" Star Washer |
| 29 | 1 | 3/8" Star Washer |
| 30 | 2 | #8 Star Washer |
| 31 | 2 | 1/4" Lock Washer |
| 32 | 4 | Base Foot Spacer |
| 33 | 4 | 1/4" Nut |
| 34 | 1 | #8 Nut |
| 35 | 2 | 3/8" Cable Nut |
| 36 | 4 | Hood Clip |
| 37 | 2 | 5/16" Flange Nut |
| 38 | 1 | M12 Nut |
| 39 | 1 | Frame Crossbar |
| 40 | 1 | Left Foot |
| 41 | 4 | Foot Wheel |
| 42 | 2 | Cushion Track |
| 43 | 1 | Warning Decal |
| 44 | 1 | Walking Platform |
| 45 | 2 | Platform Cushion |
| 46 | 2 | Belt Guide |
| 47 | 1 | Walking Belt |
| 48 | 1 | Reed Switch |
| 49 | 2 | Motor Hood Mount |
| 50 | 2 | Lift Arm Spacer |
| 51 | 2 | Lift Arm |
| 52 | 1 | Reed Switch Clamp |
| 53 | 2 | Incline Rod Spacer |
| 54 | 1 | Drive Roller/Pulley |
| 55 | 1 | Electronics Bracket |
| 56 | 1 | Controller |
| 57 | 1 | Front Cap |
| 58 | 1 | Reset/Off Circuit Breaker |
| 59 | 1 | Power Cord Grommet |
| 60 | 2 | Front Platform Cushion |
| 61 | 1 | Frame |
| 62 | 1 | Right Foot |
| 63 | 1 | Power Cord |
| 64 | 1 | Idler Roller |
| 65 | 1 | Hex Key |
| 66 | 1 | Motor Hood |
| 67 | 1 | Incline Rod |
| 68 | 1 | Incline Motor |
| 69 | 1 | Incline Motor Wire |
| 70 | 1 | Stop Bracket Spacer |
| 71 | 1 | Stop Bracket |
| 72 | 1 | Drive Motor Belt |
| 73 | 1 | Drive Motor |
| 74 | 1 | Left Rail Cover |
| 75 | 1 | Left Foot Rail |
| 76 | 1 | Right Foot Rail |
| 77 | 1 | Latch Knob |
| 78 | 1 | Storage Latch |
| 79 | 1 | Latch Cap |
| 80 | 1 | 50" A/V Wire |
| 81 | 1 | 50" TV Cable |
| 82 | 4 | Releasable Tie |
| 83 | 1 | Right Rail Cover |
| 84 | 6 | 8" Cable Tie |
| 85 | 1 | Left Upright |
| 86 | 1 | Upright Wire |
| 87 | 2 | Upright Wire Grommet |
| 88 | 1 | Right Upright |
| 89 | 1 | Left Speaker Cover |
| 90 | 1 | Left Accessory Tray |
| 91 | 1 | Left Pulse Sensor |
| 92 | 1 | Right Pulse Sensor |
| 93 | 1 | Digital Player Tray |
| 94 | 1 | Pulsebar |
| 95 | 1 | Pulse Receiver Cover |
| 96 | 2 | Console Ground Wire |
| 97 | 1 | Console Insert |
| 98 | 1 | Console Back |
| 99 | 1 | Right Speaker Cover |
| 100 | 1 | Right Accessory Tray |

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---|---|---|---|---|---|
| 101 | 1 | 96" A/V Wire | 117 | 1 | Right Base Cover |
| 102 | 1 | Console Accent | 118 | 1 | Left Base Cover |
| 103 | 1 | 25" Wire Harness | 119 | 8 | Wire Tie |
| 104 | 1 | Right Bottom Handrail Cover | 120 | 1 | iFIT Demo Card |
| 105 | 1 | Handrail Frame | 121 | 1 | 5/32" Hex Key |
| 106 | 1 | Left Bottom Handrail Cover | 122 | 1 | 18" Audio Wire |
| 107 | 1 | 25" A/V Wire | 123 | 1 | Remote Control |
| 108 | 1 | 25" TV Cable | 124 | 1 | Magnet |
| 109 | 1 | Handrail Cover | 125 | 1 | Filter Wire |
| 110 | 1 | Key/Clip | 126 | 1 | Console |
| 111 | 1 | Static Decal | 127 | 1 | TV |
| 112 | 3 | Caution Decal | 128 | 1 | Console Fan |
| 113 | 4 | Base Foot | 129 | 4 | #3 x 1/4" Screw |
| 114 | 1 | A/V Cover | 130 | 2 | Speaker |
| 115 | 1 | Base | * | – | 4" White Wire, M/F |
| 116 | 2 | Wheel | * | – | User's Manual |

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

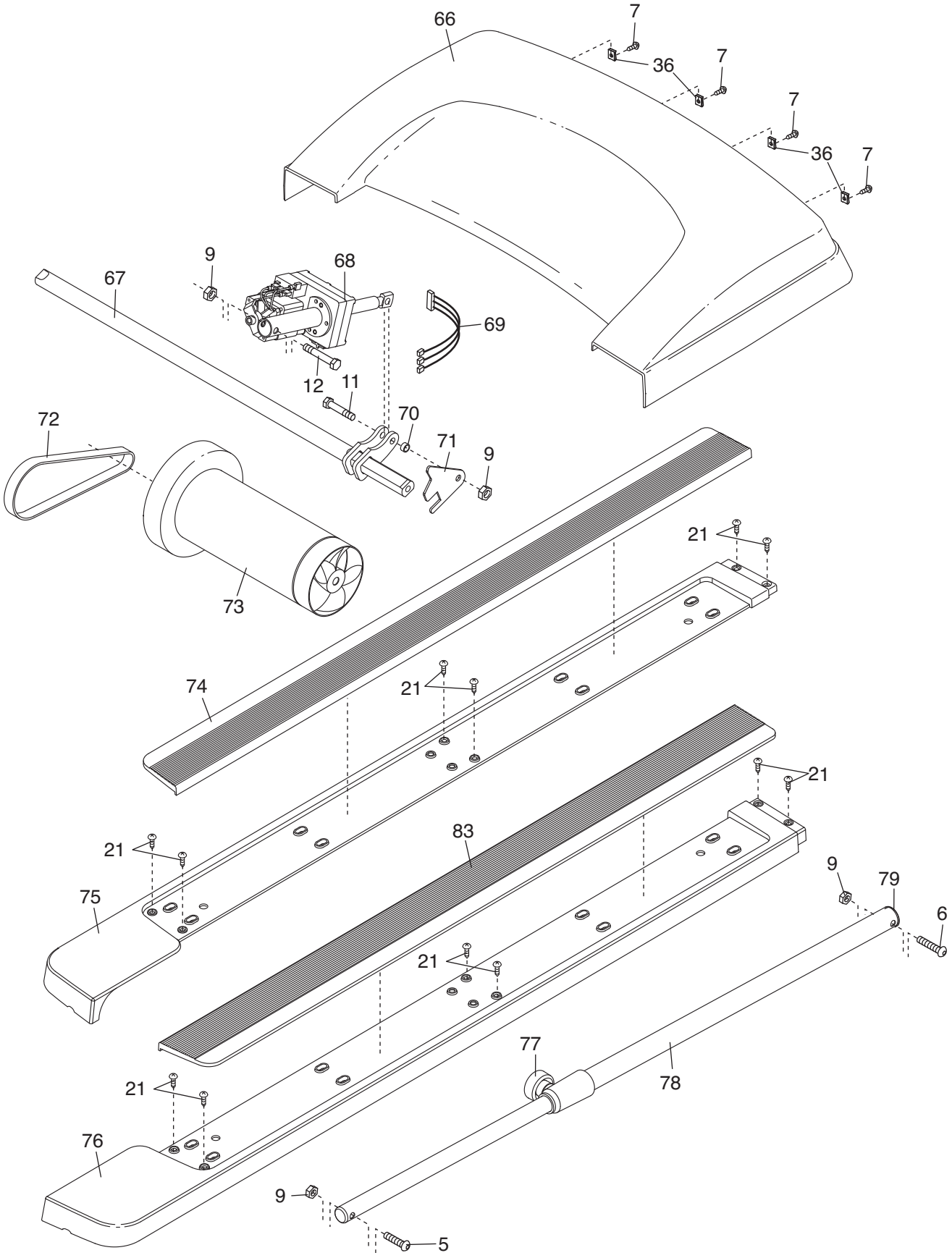
# EXPLODED DRAWING A—Model No. NTL14908.0

R1008A



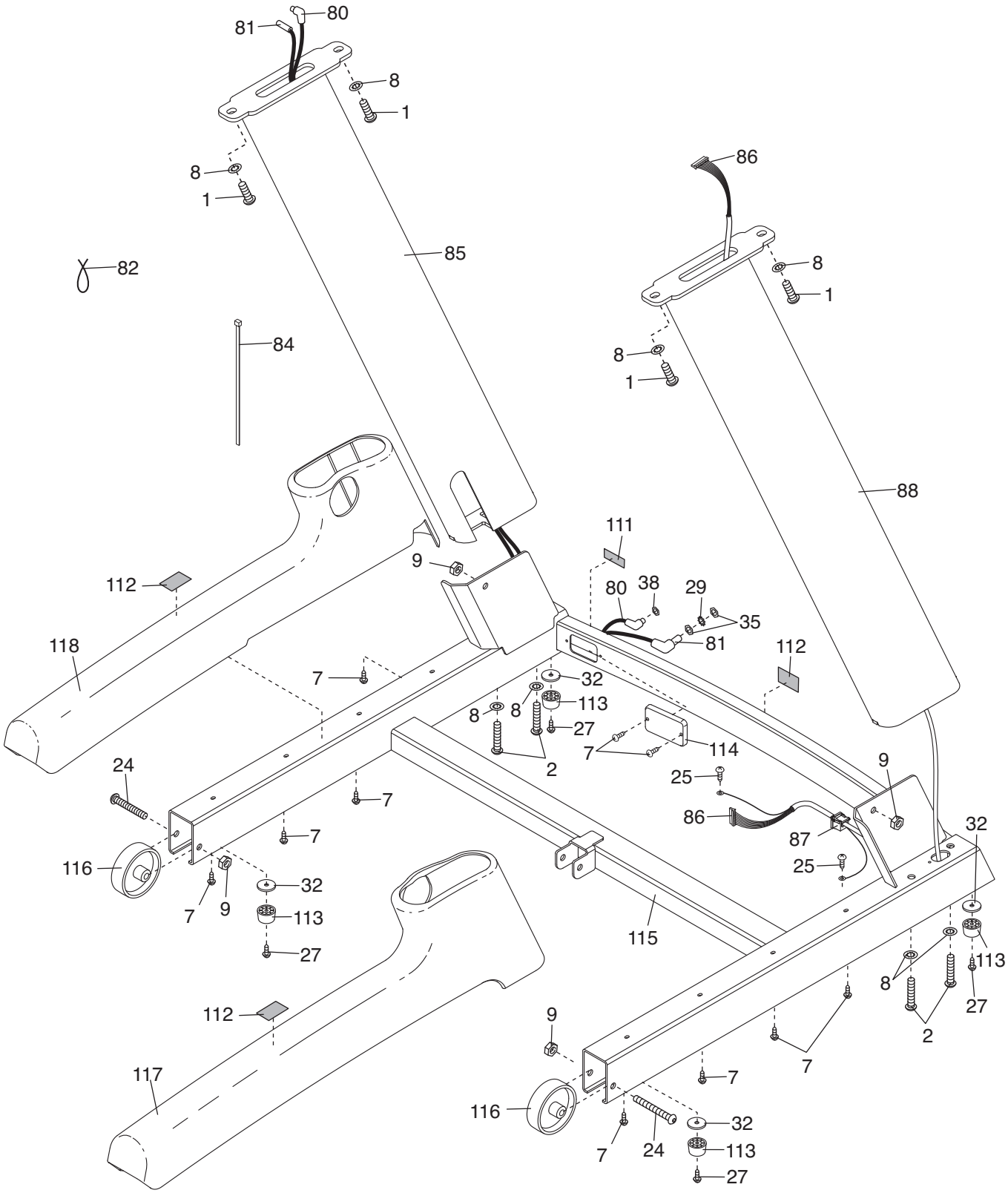
# EXPLODED DRAWING B—Model No. NTL14908.0

R1008A



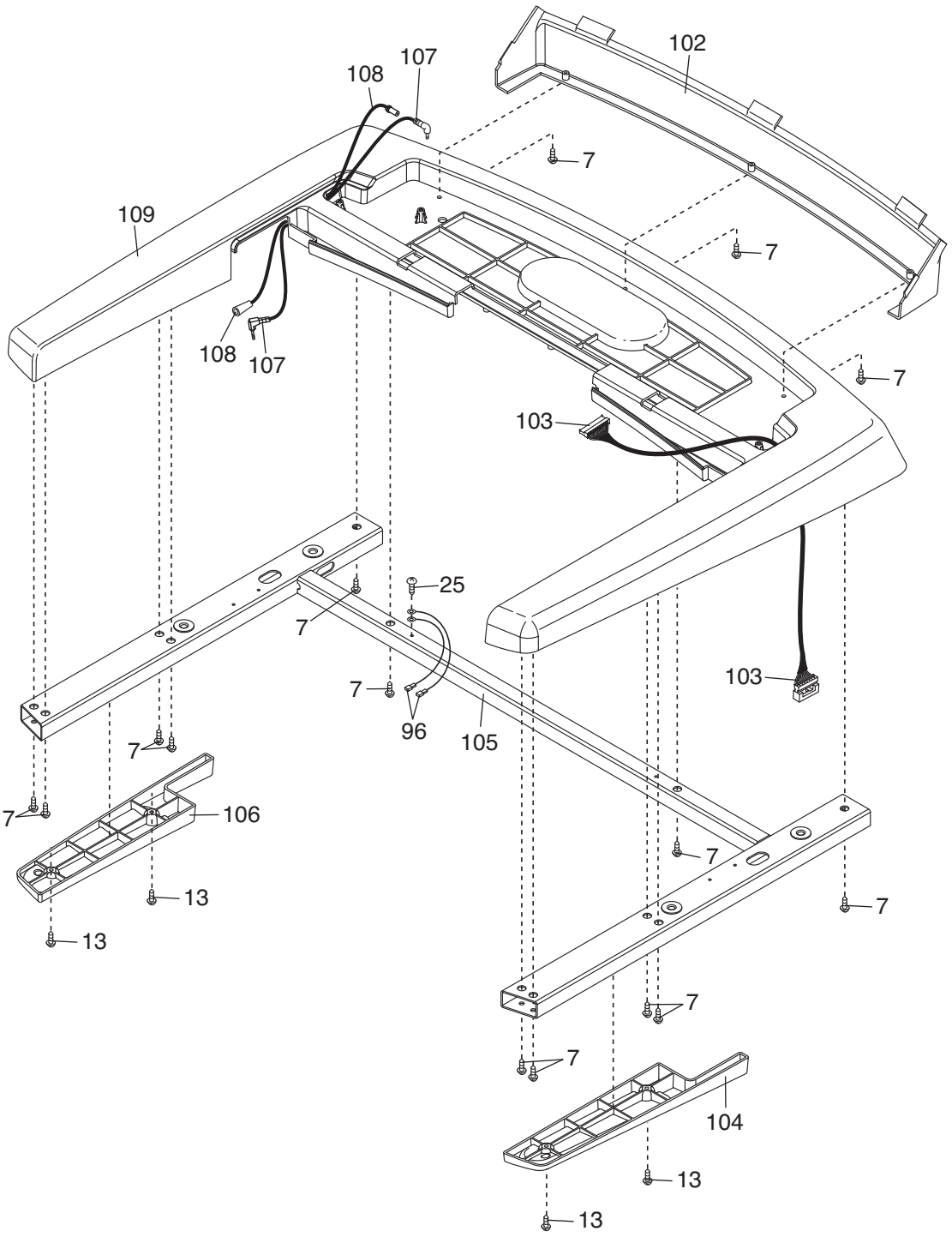
# EXPLODED DRAWING C—Model No. NTL14908.0

R1008A



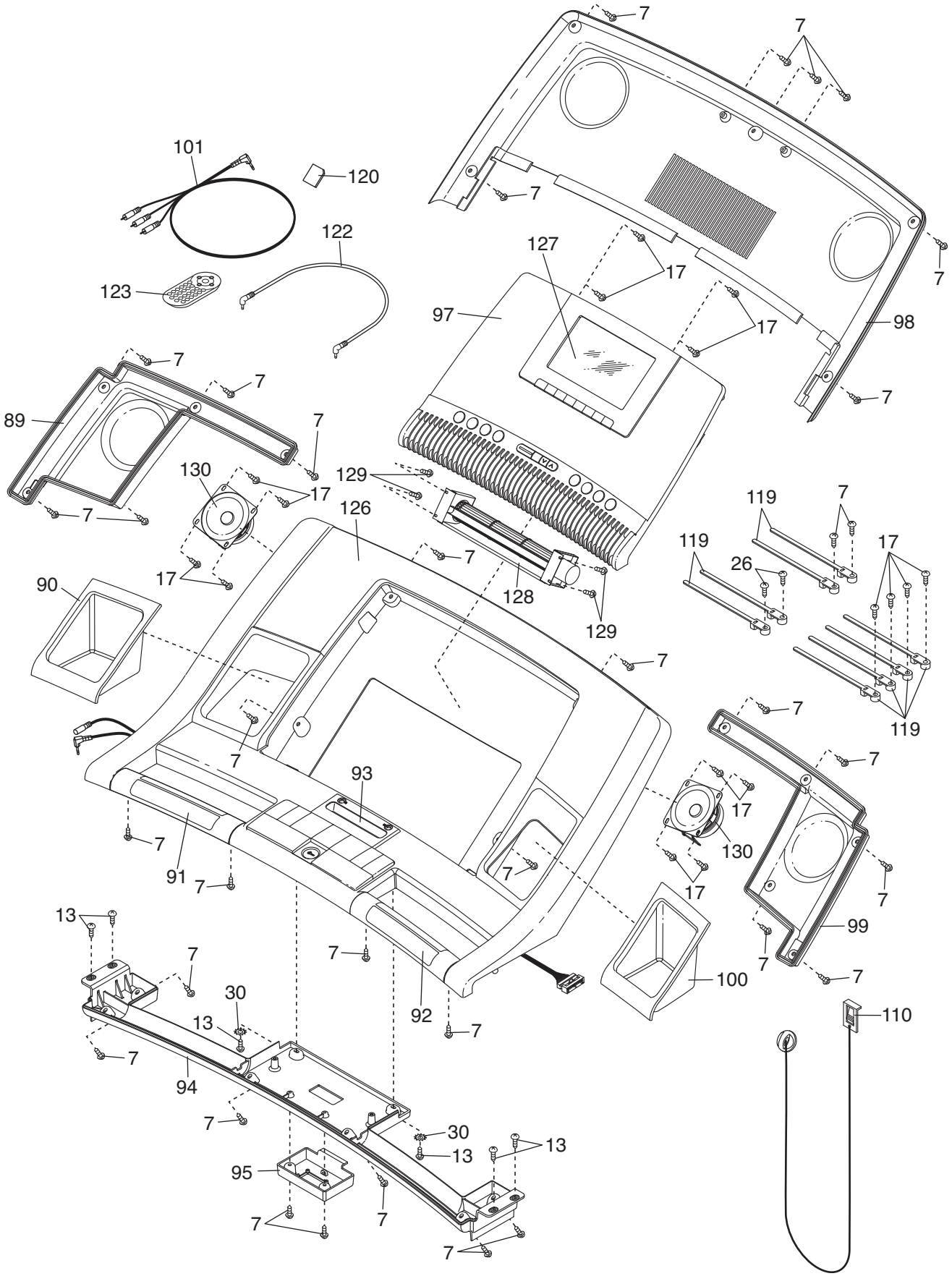
# EXPLODED DRAWING D—Model No. NTL14908.0

R1008A



# EXPLODED DRAWING E—Model No. NTL14908.0

R1008A



# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

# LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame and drive motor are warranted for a lifetime. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**

Part No. 264955 R1008A

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